



# HOME CHALLENGE



#WEARETROJANS



# HOME CHALLENGE

PRACTICE THE FOLLOWING SKILLS BEFORE BEING ASSESSED BY AN ADULT. MORE THAN ONE TICK CAN BE PLACED UNDER EACH ACTIVITY FOLLOWING ASSESSMENT.

## WITH A PARTNER

### SKILLS & AGILITY

	APPRENTICE	WARRIOR	TROJAN
<b>10 PASSES WITHOUT DROPPING BALL</b> <i>MUST BE CONTINUOUS WITHOUT DROPPING</i>	<b>3m APART</b>	<b>5m APART</b>	<b>7m APART</b>
COMPLETED (TICK)	.....	.....	.....
<b>CATCH A HIGH BALL THROWN IN AIR</b> <i>BALL THROWN AT LEAST 10FT IN AIR</i>	<b>3 IN A ROW</b>	<b>7 IN A ROW</b>	<b>10 IN A ROW</b>
COMPLETED (TICK)	.....	.....	.....
<b>SIDE STEP TO BEAT YOUR PARTNER</b> <i>RUNNING START DON'T STOP</i>	<b>TO THE LEFT x3</b>	<b>TO THE RIGHT x3</b>	<b>LEFT &amp; RIGHT x6</b>
COMPLETED (TICK)	.....	.....	.....
<b>FIRST TO STEAL BALL WHEN 'BALL' IS SHOUTED</b> <i>FACING PARTNER 2M AWAY, COMMANDS FROM 3RD PERSON SAYING WHERE TO PUT HANDS I.E. HEAD, KNEES, FEET, BALL!</i>	<b>3 IN A ROW</b>	<b>7 IN A ROW</b>	<b>10 IN A ROW</b>
COMPLETED (TICK)	.....	.....	.....



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## INDEPENDENT SKILLS & STRENGTH

	APPRENTICE	WARRIOR	TROJAN
<b>PRESS UPS</b> <i>CHEST TO TOUCH FIST PLACED ON FLOOR BELOW CHEST</i>	4	8	12
<i>COMPLETED (TICK)</i>	.....	.....	.....
<b>BALL ROUND WAIST WITHOUT DROPPING</b> <i>STOOD STILL, AT ANY SPEED, JUST DON'T DROP IT</i>	CLOCKWISE x3	ANTI-CLOCKWISE x3	ALTERNATE x6
<i>COMPLETED (TICK)</i>	.....	.....	.....
<b>FIGURE OF 8 WITHOUT DROPPING BALL</b> <i>LEGS WIDE, AROUND LEFT LEG, THEN RIGHT LEG, REPEAT</i>	CLOCKWISE x3	ANTI-CLOCKWISE x3	ALTERNATE x6
<i>COMPLETED (TICK)</i>	.....	.....	.....
<b>ROLL DOWN BACK FROM NECK &amp; CATCH</b> <i>MOVE HANDS QUICKLY TO CATCH BEHIND ON LOWER BACK</i>	1x	2x	3x
<i>COMPLETED (TICK)</i>	.....	.....	.....





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**REMEMBER!**

**ALL ACTIVITIES MUST BE COMPLETED TO ACHIEVE EITHER APPRENTICE, WARRIOR OR TROJAN! IF YOU FIND AN EXERCISE DIFFICULT, ASK FOR HELP & PRACTICE, PRACTICE, PRACTICE!**

**DON'T FORGET TO FIND US ON FACEBOOK - LIKE OUR PAGE AND UPLOAD A VIDEO OR PHOTOS OF YOUR CHILD COMPLETING THEIR HOME CHALLENGE! WE WILL PRESENT CERTIFICATES ON NOVEMBER 5TH!**

**MOST IMPORTANTLY OF ALL -**

**HAVE FUN!!!**

**CHRIS.**