HOME CHALLENGE

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

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 AFTER HALF TERM BREAK!

HOME CHALLENGE

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

INDEPENDENT

SKILLS & STRENGTH

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

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HOME CHALLENGE

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 **24TH MARCH!**

MOST IMPORTANTLY OF ALL -

HAVE FUN!!!

CHRIS.

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