



## Personal Best Challenges

These challenges are created for you to try independently. After completing each challenge you will get a result. This result is now a target for you to try and beat the next attempt you have. To try and help beat your previous result, each card offers **coaching points**, **practice activities** and the **STEP principle to help adapt activities**. Each activity also tells you the equipment you will need for the challenge and gives you clear guidelines on how to do it. There is also a results sheet included so that you can make note of all the challenges you have attempted as well as track your development and see your improvement.

All you have to do is try your best.

**Good Luck!**

### Coaching Points

Ways in which you can improve your technique to get a better result from the challenge. These are here if you need help and support when doing the challenge.

### Practice Activities

These are suggestions of things you can do in between attempts to practice.

### STEP

This is a principle that coaches and PE teachers use. It is to help make tasks harder or easier. Each letter stands for a different thing you can change in order to tailor the challenge to your ability.

Space—where the challenge happens

Task—what the challenge involves

Equipment—what is being used within the challenge

People—who is involved in the challenge





## Personal Best Challenges

### Sprint Challenge

#### Required Resources:

- Markers (cones or anything to mark the start and finish line)
- Measuring tape if possible
- Stopwatch or Timer

#### How to do it:

Measure out a distance you would like to run. You then starts at one end run to the other end of your marked distance, turn back and repeat. You then have 3 minutes to do as many shuttle runs as possible.



#### Coaching Points

Hips to lips with hands

Front leg up high and back leg straight (leg drive)

Looking always forward

#### Practice Activities

Practice running over shorter distances

Try different starting positions

#### STEP

Include Obstacles

Change the way they move (e.g. skipping)

Increase or decrease the distance



## Personal Best Challenges

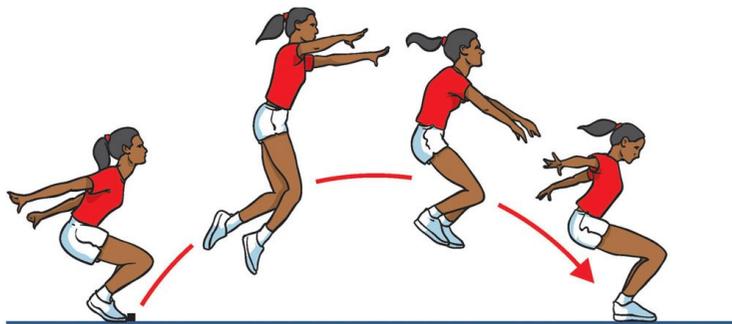
### Long Jump Challenge

#### Required Resources:

- Markers (cones or anything to mark the start and finish line)
- Measuring tape if possible

#### How to do it:

Jumping from a marked start line, you must then jump (two foot to two foot) as far as then can. Mark where the heel of your foot is when you land using a marker then measure have far you jumped from your start line. Have 3 attempts and record your highest score on your results sheet.



#### Coaching Points

Have feet hip width apart  
As you jump swing both arms forward  
Bend knees on take-off and landing  
Push legs through

#### Practice Activities

Jumping for distance but use an obstacle to jump over to help improve height too

#### STEP

Progress onto triple jump  
Allow yourself to land on one foot then the other if it is easier for you to do so  
Jump over an obstacle (e.g. hurdle)



## Personal Best Challenges

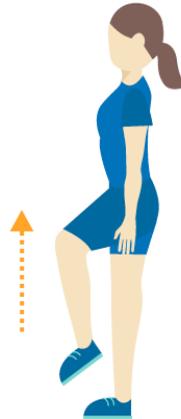
### One Leg Balance Challenge

#### Required Resources:

- Stopwatch

#### How to do it:

Start with both feet on the floor. When the time starts, lift one foot off the ground and balance on one leg for as long as possible. You can have your arms out to help you balance if you want to. The time stops when the foot you have lifted touches the floor. Try balancing on your other leg too. You can have three attempts balancing on your right leg and three attempts balancing on your left leg. The longest time you have managed to hold your balance for is your best score and should be recorded on your results sheet.



#### Coaching Points

Have your head still, try and keep your eyes focused  
Keep your tummy tight (use your core/stomach muscles to stop your body from wobbling)  
Decrease the height you are lifting your leg

#### Practice Activities

Practice with support  
Practice with bean bags on different parts of your body  
Practice balancing with a partner

#### STEP

Close your eyes  
Balance on the ball of your foot  
Try balances on different types of ground (flat/hill)  
Use an aid or partner  
Balance something appropriate on your head



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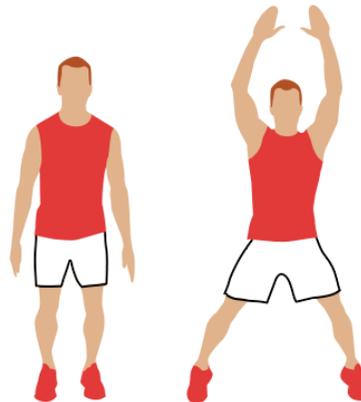
### Star Jump Challenge

#### Required Resources:

- Stopwatch

#### How to do it:

Stand with knees slightly bent and feet shoulder-width apart. Your arms should be slightly bent and by your sides. Bend your knees and jump as high as you can. Extend your legs and arms, moving your arms fully away from your sides at the same time (in mid-air to form a star shape with your body). Bring your arms back to your side and bring your legs in as you begin to come back towards the ground. Land softly on the ground with your knees bent. Repeat this as many times as you can in 1 minute.



#### Coaching Points

Have your legs bent as you take off and land  
Raise your arms away from your sides to above your head – don't raise them in front of your body

#### Practice Activities

Practice getting your body in the star position without jumping  
Practice normal jumping

#### STEP

Clap your hands above your head  
Burpees  
Toes touches



## Personal Best Challenges

### Plank Challenge

#### Required Resources:

- Stopwatch

#### How to do it:

You have to hold your body up with your arms straight. You can either do it with your arms in front and chest towards the floor or you can do it with your arms behind them and your back facing the floor.

#### Coaching Points

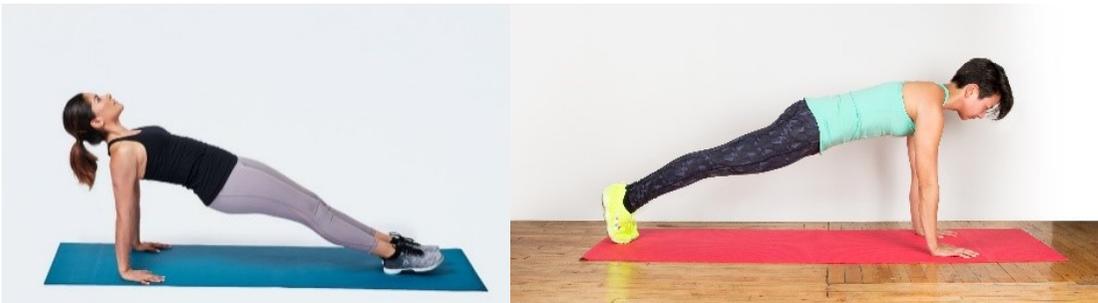
Keep legs straight  
Use arms to help balance  
Keep head still

#### Practice Activities

Practice with a partner  
Use Support

#### STEP

Alternate between front and back planks  
Try holding your bodyweight on your forearms instead of having straight arms.  
Balance a bean bag or ball or your tummy or back





## Personal Best Challenges

### Balance Walk Challenge

#### Required Resources:

- Stopwatch
- Line to walk along if possible
- Something to balance on your head

#### How to do it:

Start at the beginning of the line. When your time starts you must get to the finish line as quickly as possible with an object on your head. If the object falls off you must start again. You are not allowed to hold onto the object once it is on your head.

#### Suggested objects you could use:

- Beanbag
- Quoit
- Roll of sellotape



#### Coaching Points

Keep head still and straight  
Don't look down  
Walk with a straight back

#### Practice Activities

Balance your object on your head while standing still or in different static balances  
Practice walking with your chosen object on your head then increase your speed gradually

#### STEP

Make the distance of the race shorter  
Remove the rule of you must start again if it falls off your head (add a 1 second time penalty every time it falls off instead)



## Personal Best Challenges

### Speed Bounce Challenge

#### Required Resources:

- Stopwatch
- Someone to count if possible
- An obstacle or line to jump over

#### How to do it:

Start on one side of the obstacle/line make sure the obstacle is an appropriate height. You then have a time frame to jump side to side over the obstacle/line as many times as possible with both feet together. The time is 20 seconds if you are in year 1 or year 2, 25 seconds for if you are in year 3 or 4 and 30 seconds if you are in year 5 or 6.



#### Coaching Points

Lift your knees up

Both feet must take off and land at the same time

Keep your body upright – don't look down

Try and get into a rhythm as you jump

#### Practice Activities

Skipping

Sing a song so you have a rhythm to jump to

Practice jumping over line two foot to two foot

#### STEP

Change the height of the obstacle

Just step over the obstacle instead of jumping



## Personal Best Challenges

### Wall Throw Challenge

#### Required Resources:

- Ball
- Wall
- Stopwatch

#### How to do it:

Stand in front of a wall at a distance where when you throw the ball it bounces back. You then have 2 minutes to see how many successful throws and catches you can get. Please try and use an outside wall!

If you are using a wall inside your House check with an adult first!



#### Coaching Points

Throw the ball underarm

Have hands ready to catch once the ball is thrown

Always have your eyes on the ball

#### Practice Activities

Pass with a friend or family member

Bouncing a ball on the floor and catching it

#### STEP

Only use one hand to throw and catch

Try throwing with one hand and using the other to catch

Increase/decrease the distance between you and the wall

Try different types of ball - basketball, football, tennis ball