

Ball and Bounce Challenges

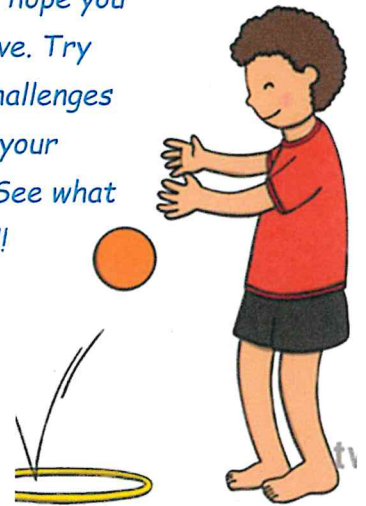
Level 1 ★ K-Yr1

1. Complete 5 bounce and catches with 2 hands.
2. Complete 5 bounce and catches balancing on 1 leg.
3. Complete 5 bounce and catches touching your head after each bounce and before you catch the ball.
4. Complete 5 bounce and catches touching your knees before you catch.
5. Complete 5 bounce and catches clapping your hands before you catch.
6. Complete 5 bounce and catches whilst running, hopping, skipping or jumping.



Hi boys and girls, I hope you are all keeping active. Try these basketball challenges to keep developing your skills and fitness!! See what level you can reach!!

Mr Edwards



Level 2 ★ ★ Yr2-3

1. Complete 10 bounces with Right Hand.
2. Complete 10 bounces with Left Hand.
3. Complete 10 bounces swapping hands each time.
4. Bounce walking fwsds for 10 steps.
5. Bounce walking bwds for 10 steps.
6. Bounce moving side to side for 10 steps.
7. Bounce whilst running for 10 steps.
8. Bounce 1 hand whilst hopping, skipping or jumping.

Level 3 ★ ★ ★ Yr4-Yr6

1. Bounce LH RH for 10 whilst balancing on 1 leg, swap legs.
2. Bounce 10 with 1 hand whilst balancing on 1 knee and 1 foot, then 1 knee 1 hand, 2 knees 1 hand, 2 feet 1 hand, then 1 foot 1 hand.
3. Bounce RH with LH touching opposite R shoulder and swap hands after every bounce.
4. As for challenge 3 with hands swapping and touching opposite knee.
5. As for challenge 3 with hands swapping and touching opposite ankle,
6. Complete 3,4, 5 without stopping with 4 bounces on each.



Ball and Wall Challenges

Level 1

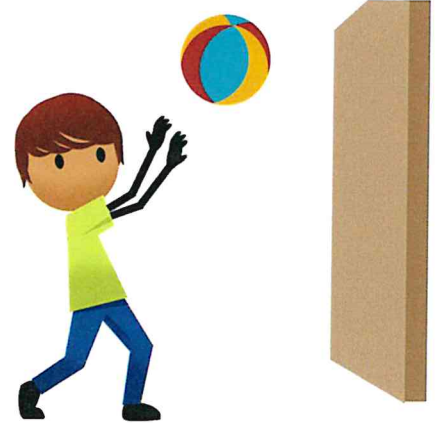


K-Yr1 Use a basketball or soccerball

1. Complete 5 passes against the wall and catch after 2 bounces.
2. Complete 5 passes against the wall and catch after 1 bounce.
3. Complete 5 passes against the wall and catch before it bounces.
4. Bounce the ball against the wall clap then catch. (touch your head, knees before you catch)

Hi boys and girls, I hope you are all keeping active. Try these individual ball against a wall challenges to keep developing your skills and fitness!! See what level you can reach!!

Mr Edwards



Level 2



Yr 2-Yr3 Use a small ball like tennis ball.

1. Complete 5 underarm throws against the wall and catch after 2 bounces.
2. Complete 5 throws against the wall and catch after 1 bounce.
3. Complete 5 throws against the wall and catch before it bounces.
4. Throw the ball against the wall clap then catch. (touch your head, knees before you catch)
5. Throw the ball against the wall spin around then catch.



Level 3



Yr4-Yr6 Use a small ball.

1. Complete 5 catches Throwing RH and catching RH against the wall.
2. Complete 5 catches Throwing LH and catching LH against the wall.
3. Complete 5 catches Throwing RH and catching LH .
4. Complete 5 catches Throwing LH and catching RH .
5. Play catch and step back- after 5 catches go back 1 step each time. Go back to the wall when you drop the catch. Throw overarm when you get further back.
6. If you have a racket hit and catch against the wall and then see how many in a row you can hit.

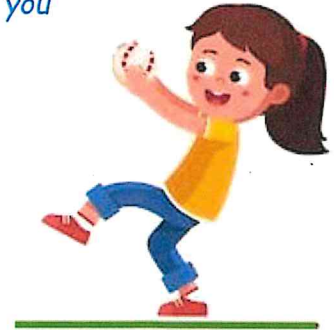


Throw and Catch Challenges

Individual challenges using a small ball like a tennis ball.

Hi boys and girls, I hope you are all keeping active. Try these individual throw and catch challenges to keep developing your skills and fitness!! See what level you can reach!!

Mr Edwards



Level 1



K-Yr1 use a larger ball or a bean bag

1. Complete 5 throw and catches, throwing with 1 hand and catching in 2 hands.
Throw the ball just above your head.
2. Complete 5 throw and catches balancing on 1 leg.
3. Complete 5 throw and catches while you are running, hopping, skipping and jumping.
3. Complete 5 throw and catches touching your head after each throw and before you catch the ball.
4. Complete 5 throw and catches touching your knees before you catch.
5. Complete 5 throw and catches touching the ground before you catch.



Level 2



Yr 2- Yr3

1. Complete 5 throw and catches, throwing with your right hand and catching in your right hand. Throw the ball just above your head.
2. Complete 5 throw and catches with your left hand.
3. Complete 10 throw and catches throwing with RH and catching with your LH.
4. Complete 10 throw and catches throwing with RH and catching with your LH balancing on 1 leg.
5. Complete 10 throw and catches throwing the ball high and sitting down to catch.

Level 3



Yr4- Yr6

1. Complete 10 throw and catches, throwing with your right hand and catching in your right hand touching your head with your RH after each throw.
2. Repeat No 1 touching your left knee.
3. Repeat No 1 touching your left ankle.
4. Complete 10 throws and catches from RH to LH to RH to LH clapping once before you catch.
5. As for challenge 4 but touch knees before you catch.
6. Complete 10 throw and catches with RH whilst balancing on 2 feet and 1 hand in a push up position.
7. Complete 10 throw and catches in push up position throwing RH to LH to RH to LH

