

Challenge 1 – Basketball

You will need: A basketball or similar, 6 markers (cones/pegs/socks) and a timer.

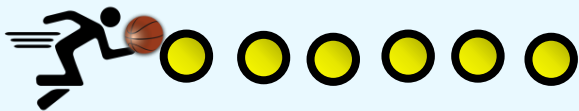
Aim of the event:

- Place your 6 markers in a straight line approx. 0.5m apart from each other (an adult's small stride)
- Starting at one end, dribble the ball in, out and around each marker. Then run back to the start and repeat the activity
- Keep going until the time is up
- Score 1 point for each time you complete the course by dribbling through the set of 6 markers

How many points can you score in 60 seconds?

Easier way: Remove one of the markers or increase the distance between them.

Harder way: Add more markers, change the shape of the course or try dribbling with your non-dominant hand!



Challenge 2 – Rugby

You will need: A rugby ball (or other type of ball), 4 markers (cones/pegs/socks) and a timer.

Aim of the event:

- Place marker 1 on the floor. Measuring 2m from marker 1, place another marker (marker 2) along with the ball. Measure 3m from marker 2, place a 3rd marker. Measuring 2m from marker 3, place your 4th and final marker
- Starting at marker 1, run to collect the ball from marker 2 with 2 hands. Run with the ball (carry) to marker 3 and put the ball down as if you were scoring a try. Run around marker 4 and repeat the activity in the opposite direction i.e. collect from 3, score a try at 2 & run around marker 1
- Score 1 point for each time you score a try

How many points can you score in 60 seconds?

Easier way: Move slowly through the course.

Harder way: Increase time/distance. Try using one hand!



Challenge 3 – Hockey

You will need: A hockey ball or similar (rolled up socks), a hockey stick (or tennis racket, cricket bat or broom), 5 markers (cone/pegs/socks) and a timer.

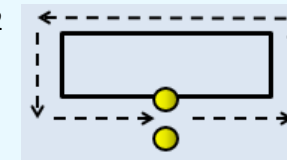
Aim of the event:

- Use 4 markers to set up a rectangular course measuring approx. 1m by 3m (1m = an adult's large stride)
- Place your remaining marker halfway along one of the 3m straights – your starting point
- Using your stick/bat/broom dribble the ball/socks around the rectangular track
- Score 1 point for each time you complete a lap

How many laps can you complete in 90 seconds?

Easier way: Reduce the distance of the course or change to a straight line

Harder way: Try dribbling 2 balls instead of one!



Challenge 4 – Athletics

You will need: 2 markers (cones/pegs/socks) and a timer

Aim of the event:

- Place your markers 5 metres apart – this is your track
- Start the timer and run the 5m distance x 10 times so that you complete 50 metres in total.

What is the quickest time that you can record?

Easier way: Jog, walk or skip instead of running or reduce the distance.

Harder way: Increase the total distance covered or add in a set of star jumps at the end of each straight.



Challenge 5 – Handball

You will need: A soft ball, a goal (chalk line on wall/table top/bench or back of a chair), a marker (cones) and a timer.

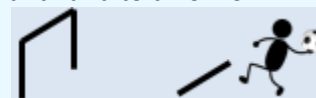
Aim of the event:

- Measuring approx. 4m away from your goal, place down your marker/throw line
- Standing at your throw line, throw the ball at your target (crossbar if you are using a goal)
- After each try, collect your ball and return to the 4m line
- 1 point is scored each time you hit the target

How many points can you score in 60 seconds?

Easier way: Move your throw line closer to the target or make your target object bigger

Harder way: Use your non-dominant hand to throw or increase the throwing distance.



Challenge 6 – Netball

You will need: A ball, a netball post (bucket or bin), 7 markers (cones/pegs/socks) and a timer.

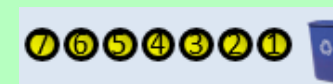
Aim of the event:

- Place marker 1, 1m away from the post (bucket/bin). Position each subsequent marker 0.5m apart
- Standing behind marker 1, attempt to throw the ball into the bucket/bin
- If successful move back to marker 2. How far back can you go? You have 2 minutes to complete it!

Whichever cone you finish at when the time limit is up is your final score!

Easier way: Reduce distance between markers

Harder way: Add more markers, increase distance or reduce time.





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