

1

Knock Down

ORGANISATION



PLACE SKITTLES (OR EMPTY BOTTLES) IN FRONT OF A WALL AS SHOWN. USING A HANDBALL STRIKE FROM 10MTRS TO KNOCK DOWN SKITTLES



SEE HOW MANY STRIKES IT TAKES TO KNOCK DOWN THE SKITTLES

SCORING:



STAND 10 MTRS BACK FROM SKITTLES



HOW MANY STRIKES TO KNOCK ALL SKITTLES DOWN



2

Handball Tennis

ORGANISATION



MARK OUT A COURT, SPLIT IN THE MIDDLE WITH CONES. GAME CAN BE PLAYED 1 V 1 OR 2 V 2.



GAME IS LIKE TENNIS, ONLY PLAYERS RETURN THE BALL WITH THEIR HAND.

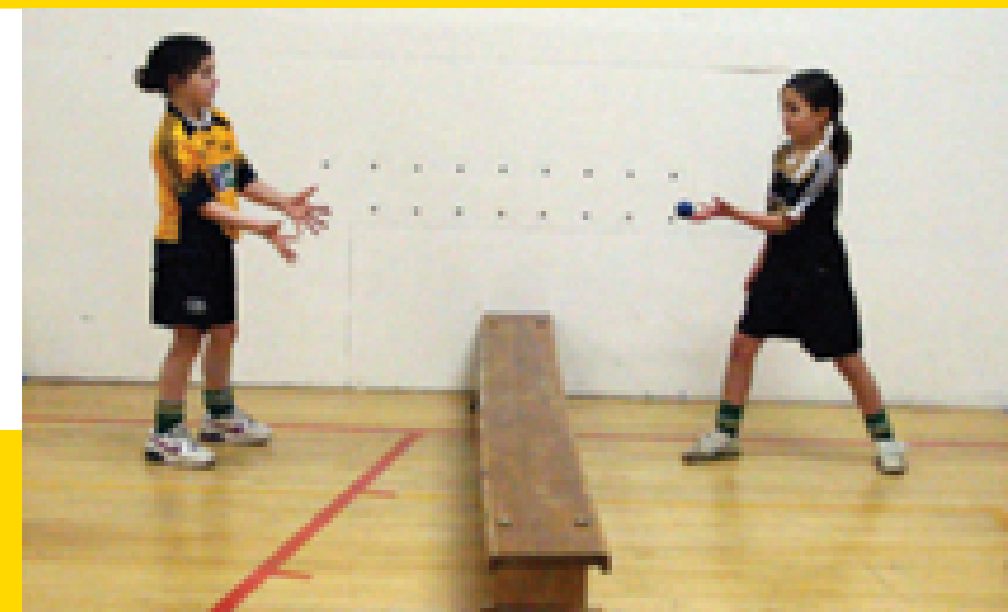
SCORING:



PLAYERS GAIN POINTS IF OPPONENTS FAIL TO RETURN BALL BEFORE IT BOUNCES TWICE.



1 POINT FOR EVERY SCORE AND FIRST TEAM TO 11



3

Quick Hands

ORGANISATION



EACH PLAYER HAS A HANDBALL AND STANDS APPROX 3 - 4 FEET FROM THE WALL



USING THE UNDER ARM THROW, THE PLAYER MUST THROW THE BALL AND CATCH IT AS MANY TIMES IN 30 SECONDS

SCORING:



1 POINT SCORED IF THE PLAYER CATCHES THE BALL



1 Ball Bounce

ORGANISATION



PLAYER USES DOMINANT HAND TO KEEP CONTROL OF THE HANDBALL WHILST STATIONARY. THEN THEY TRY THEIR NON DOMINANT HAND.



PLAYER THEN MOVES ABOUT THE AREA ALTERNATING HANDS

SCORING:



30 SECONDS ON THE CLOCK.



1 POINT FOR EVERY 3 BOUNCES



2 Rapid Reflexes

ORGANISATION



4FT FROM WALL USING ALTERNATE HANDS



1 BOUNCE ALLOWED FOR A POINT

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?



1 POINT FOR EVERY RETURN



3 Two Bounce

ORGANISATION



IN PAIRS, 1 BALL BETWEEN 2. CREATE A SMALL COURT.



THE IDEA IS TO RETURN THE BALL BEFORE IT BOUNCES 3 TIMES. A POINT IS SCORED IF A PLAYER FAILS TO DO THIS

SCORING:



1 POINT SCORED IF A PLAYER DOESNT RETURN BALL



EXTRA 2 POINTS FOR INVOLVING AN ADULT!



1

Super Heroes

ORGANISATION



BALANCE ON HANDS & FEET IN PLANK POSITION



RAISE RIGHT HAND IN FRONT OF BODY AND RETURN IT TO THE FLOOR, THEN USE LEFT HAND, REPEAT FOR 30 SECS

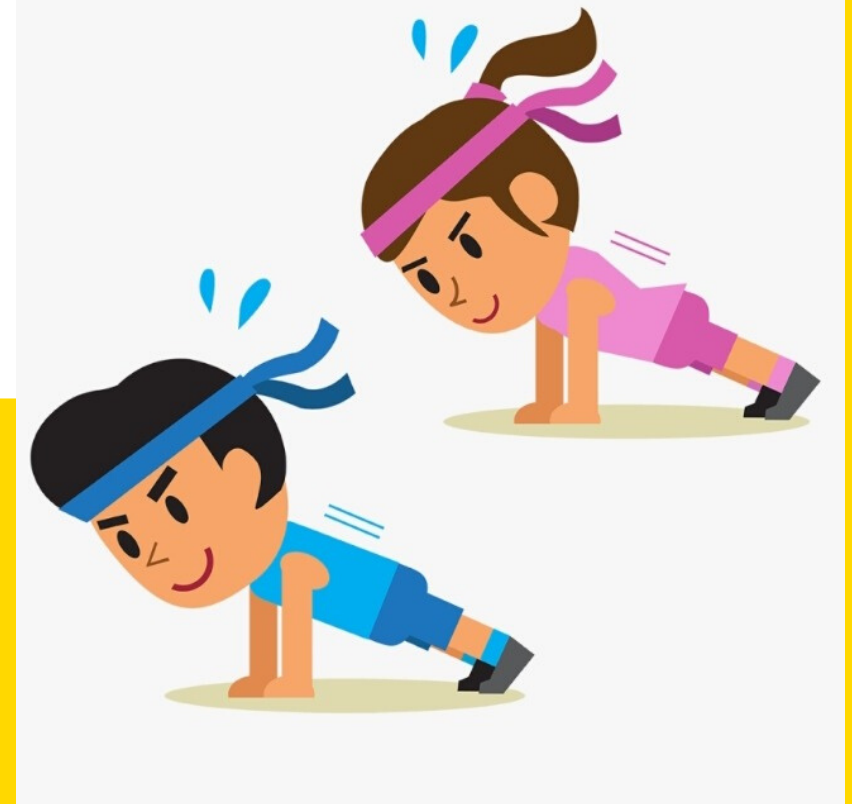
SCORING:



**REST FOR 1 MIN/30SECS BEWTEEN ATTEMPTS
ATTEMPT ACTIVITY 2/3 TIMES**



1 POINT PER RAISED ARM, RECORD YOUR BEST SCORE



2

Wall Sits

ORGANISATION



PLACE YOUR BACK AGAINST WALL, KEEP FEET SHOULDER WIDTH APART



LOWER YOURSELF TO AN IMAGINARY SEAT, ENSURING TO BREATHE AND HOLD POSITION

SCORING:



**20 SECS- 1 POINT, 40 SECS- 2 POINTS, 60 SECS- 3 POINTS,
80 SECS- 4 POINTS, 100+ SECS- 5 POINTS**



ALLOW 2/3 ATEMPTS BUT NO MORE THAN MAX OF 2 MINS



3

Star Jumps

ORGANISATION



START WITH FEET TOGETHER, ARMS BY YOUR SIDE, JUMP INTO A STAR SHAPE



1 POINT FOR EVERY 20 SECS OF CONTIUAL STAR JUMPS, NO MORE THAN 2 MINS



EXTRA CHALLENGE: 90 DEGREES SPIN EVERY 2 STAR JUMPS

SCORING:



**20 SECS- 1 POINT, 40 SECS- 2 POINTS, 60 SECS- 3 POINTS,
80 SECS- 4 POINTS, 100+ SECS- 5 POINTS**



1

Skill Test 1 Results:

PLEASE CIRCLE

Star 1: 1 Star 2: 2 Star 3: 3

Star 4: 4 Star 5: 5

2

Skill Test 2 Results:

PLEASE CIRCLE

Star 1: 1 Star 2: 2 Star 3: 3

Star 4: 4 Star 5: 5

3

Skill Test 3 Results :

PLEASE CIRCLE

Star 1: 1 Star 2: 2 Star 3: 3

Star 4: 4 Star 5: 5

Total No. Stars?

0-4= Bronze



5-9= Silver



10-15= Gold

