

**1**

## Strike from the hand at Targets

### ORGANISATION



MARK OUT 3 TARGETS IN THE GARDEN



PLAYER STANDS 10 STEPS BACK AND ATTEMPTS TO STRIKE THE BALL TO HIT A TARGET

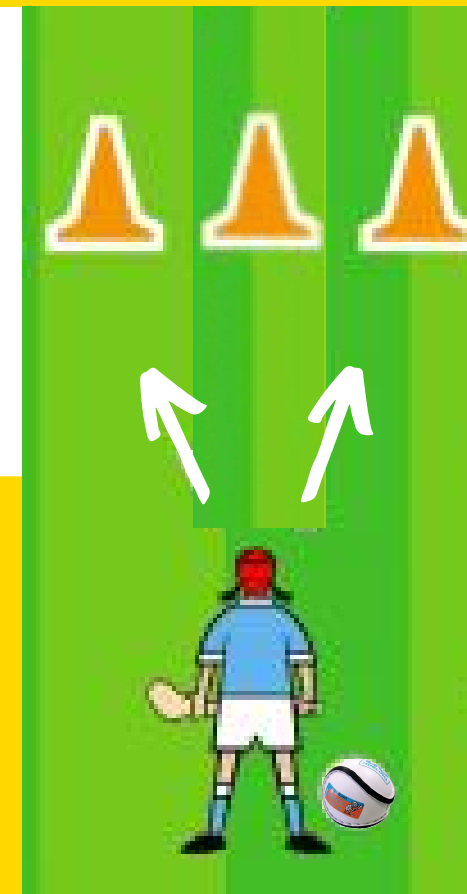
### SCORING:



PLAYER GETS 6 STRIKES . FOR A CHALLENGE TAKE YOUR 4 STEPS AND STRIKE WITH FEET MOVING. ATTEMPT TO VARY STRIKE OFF KNEE AND ANKLE.



1 POINT FOR EVERY TARGET HIT WITH BALL.



**2**

## Catching Body Parts Challenge

### ORGANISATION



THE PLAYER THROWS THE BALL ABOVE THEIR HEAD.



PLAYER ATTEMPTS AT TOUCH AS MANY DIFFERENT BODY PARTS AS POSSIBLE BEFORE CATCHING THE BALL.

### SCORING:



1 POINT FOR EACH BODY PART TOUCHED.



5 ATTEMPTS.



**3**

## First Touch

### ORGANISATION



SET UP TWO CONES/JUMPERS/SKITTLES. PLAYER PLACES SLIOTAR ON BAS OF HURL.



PLAYER ATTEMPTS TO SOLO SLIOTAR FOR 60 SECONDS AROUND THE TARGETS IN GARDEN WITHOUT IT FALLING OFF.

### SCORING:



1 POINT FOR EVERY EVERY 10 SECONDS THAT SLIOTAR STAYS ON HURL.



**1**

## Sliotar Solo

### ORGANISATION



PLAYER HAS A BALL.



PLAYER STRIKES THE BALL AT WALL AND COLLECTS THE REBOUND WITH A FIRST TOUCH



ALTERNATE SIDES EACH STRIKE

### SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?



ONE TOUCH TO HAND = 1 POINT. TWO TOUCHES OR MORE = 0.5 POINTS

**2**

## Hand Pass and Catch off the Wall

### ORGANISATION



PLAYER STANDS 5 STEPS BACK FROM WALL.



PLAYER HAND PASSES THE BALL 1 METRE ABOVE HEAD.



PLAYER ATTEMPTS TO JUMP AND HIGH CATCH OR CHEST CATCH BALL.

### SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?



CHEST CATCH= 1 POINT

HIGH CATCH= 2 POINTS

HIGH CATCH WITH HURL IN FRONT OR BEHIND CATCHING  
HAND= 3 POINTS



**3**

## Strike from Hand off the Wall and Catch

### ORGANISATION



STAND 15 STEPS BACK FROM A WALL



PLAYER ATTEMPTS TO STRIKE AND CATCH REBOUND.



ALTERNATE SIDES.

### SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?



1 POINT IS AWARDED FOR EACH SUCCESSFUL  
STRIKE AND CATCH



=6



=9



=12



=15



=18+



**1**

## HOLD THE LIGHTNING BOLT

### ORGANISATION



1 HAND TOUCHING GROUND. HIPS UP. SIDES OF FEET TOUCHING GROUND.



PLAYER ATTEMPTS TO HOLD STEADY.

### SCORING:



**30 SECONDS ON TIMER.**



**ALTERNATE SIDES. 2 POINTS FOR EVERY 10 SECONDS HELD STEADY.**



**2**

## HOLD THE PLANK

### ORGANISATION



TIPPY TOES AND HANDS TOUCHING THE GROUND.



PLAYER MUST ATTEMPT TO HOLD STEADY.

### SCORING:



**60 SECONDS ON TIMER**



**1 POINT FOR EVERY 10 SECONDS COMPLETED.**



**3**

## 1 LEGGED CRISS CROSS APPLE SAUCE

### ORGANISATION



MARK A CROSS ON THE GROUND



HOP ON 1 LEG TO ALL FOUR SECTIONS

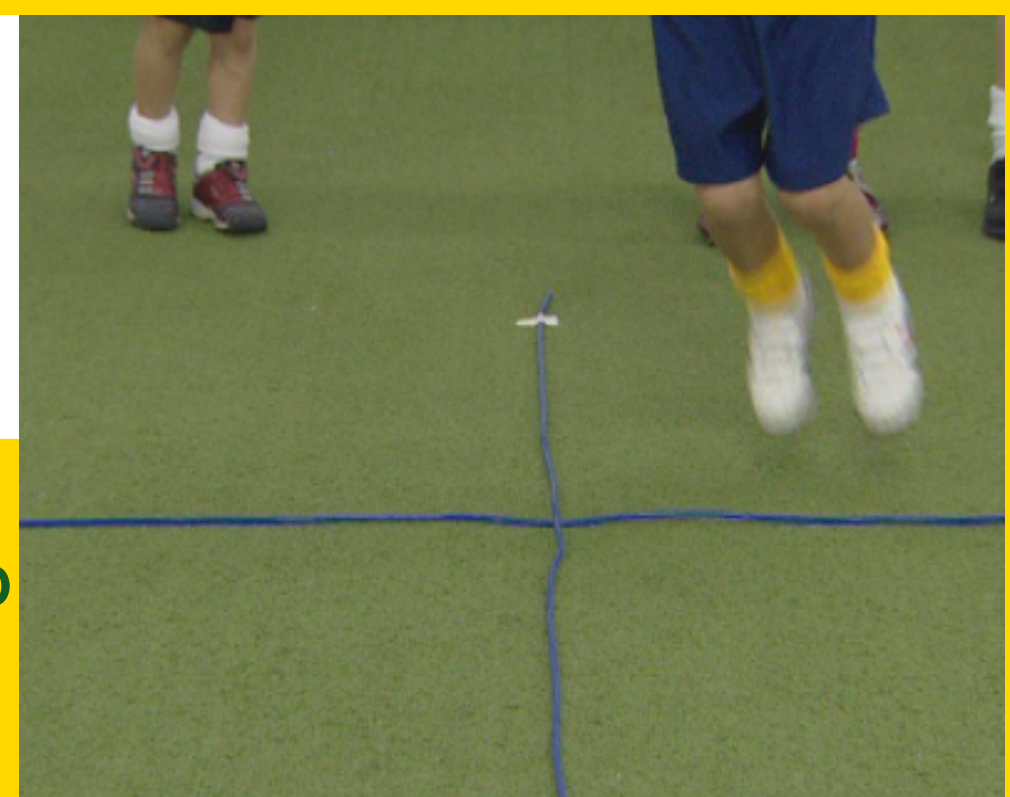
### SCORING:



**HOW MANY SECTIONS CAN YOU HOP TO ON 1 LEG IN 30 SECONDS?**



**1 POINT IS AWARDED FOR EACH SUCCESSFUL TO A DIFFERENT SECTION**



**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**

