






KS2

<u>Challenge</u>	<u>Task</u>
<p><u>Challenge 1- Basketball Shot</u></p> 	<p>How many times can you score in 1 minute?</p> <p>Try the basketball set shot. Face the target with your chest, put your shooting hand behind the ball and your other one on the side to balance the ball, bend your knees. Eyes on the target, with a flick of the wrist, straighten your legs and send the ball towards the target, good luck! Try some different ways to shoot too.</p> <p>Idea - Draw yourself in a colourful basketball kit.</p>
<p><u>Challenge 2- Knock Ups</u></p> 	<p>How many knock ups can you do in 1 minute?</p> <p>Practice makes perfect for this one, it's tricky! Keep your eyes on the ball or socks, don't try and hit it too hard, just a tap will do. If you can do this one outside you can test yourself and hit a little higher, make sure it's safe to do so!</p> <p>Research - Can you find three sports that require you to hit a ball with a bat or stick?</p>
<p><u>Challenge 3-Touch The Tin</u></p> 	<p>How many tins can you touch in 1 minute?</p> <p>Start at the starting point, stay low and in the 'ready' position, move as quick as you can, touch the tin and move back to the starting position. Speed, agility and reactions are key for this. 3 skills to work on that are all vital for nearly all sports.</p> <p>Question - Can you think of 3 more ways you can move when trying this challenge?</p>