

Challenge Yourself!

****KS1****

WEEK 8

Skill Week

Can you.....

1. Football

Can you do the following skills:

- a. Pass a football
- b. Dribble a football in a straight line
- c. Stop a football with your foot
- d. Throw a football over your head
- e. Direct a ball between a goal / score a goal

2. Dance

Can you create a dance routine to Blinding Lights by the Weeknd

Could you send your schools a video of your dance?

3. Cricket

Can you do the following skills

- a. Throw underarm
- b. Catch standing still
- c. Stop a ball rolling on the floor with your hands
- d. Throw with aim to hit a wicket

4. Tennis

Can you do the following skills

- a. Balance a ball on your racket
- b. Bounce a ball on your racket
- c. Bounce a ball on the floor and catch it

5. Gymnastics

Can you do the following skills

- a. Straddle
- b. Pike
- c. Tuck
- d. Front support
- e. Back support
- f. Dish
- g. Arch
- h. Pencil Roll
- i. Forwards Roll

6. Have a look at the Sporting Start Workout Videos on YouTube..

Your Parents can use the link below:

<https://www.youtube.com/channel/UCgKjH7HO7MGly1DW56614Aw>

7. Can you go on a bike ride with someone in your family?