

# Challenge Yourself!

\*\*\*\*KS2\*\*\*\*

WEEK 8

Skills Week

## Can you.....

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### 1. Football

Can you do the following skills:

- a. Pass a football while running
- b. Dribble a football in a slalom
- c. Stop a football with the side of your foot
- d. Complete 5 keep ups
- e. Direct a ball between a goal / score a goal
- f. Stop goals with your hands

### 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 and overarm
- b. Catch while running
- c. Stop a ball rolling on the floor with your hands and use the long barrier technique
- d. Throw with aim to hit a wicket

### 4. Tennis

Can you do the following skills

- a. Balance a ball on your racket for 2 minutes
- b. Bounce a ball on your racket 100 times (can you do this with both hands)

- c. Bounce a ball on the floor and catch it
- d. Perform an overhead serve
- e. Complete a basic rally with a friend (keep 2 meters apart)

## 5. Gymnastics

Can you do the following skills

- a. Forwards roll
  - b. Backwards roll
  - c. Tuck jump
  - d. Front support
  - e. Back support
  - f. Side support
  - g. Dish to arch
  - h. Japana
  - i. Can you create a routine
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?
8. Using google, research the rules of Tag Rugby Can you create a poster of the rules.
9. Run for 12 minutes – at the end of your run check your heart rate.

