

# School Games

## Personal Challenge



**Compete in a number of personal challenges that focus on you competing against yourself and trying to improve your personal performance**



# School Games

## Personal Challenge



## Tasks

- Complete 5 or more challenges each day and record the results
- Create an Excel spread sheet to record your results.
- Insert a scatter chart onto your Excel Spreadsheet from your results
- Use a search engine to help create your own personal challenge.
- Create a Power Point to show us how you have completed each challenge.

# School Games

## Personal Challenge 1



# Hula Hoop

## Instructions

Hula hoop as many times as you can in 1 minute

## Too Easy/Too Difficult

Close your eyes / increase or decrease time

## Equipment

Hula hoop / Stopwatch / Personal Challenge Card / Pen

## Measurement

Record the number of spins around the body on your personal challenge card

# School Games

## Personal Challenge 2



# Skipping

## Instructions

Skip as many times as you can in 2 minutes

## Too Easy/Too Difficult

Change the skipping style

## Equipment

Skipping rope / Stopwatch / Personal Challenge Card / Pen

## Measurement

Record the successful number of skips on your personal challenge card

# School Games

## Personal Challenge 3



# Stork Balance

## Instructions

Remove foot ware if you wish and place your hands on your hips.

Stand on one leg and position the non-standing foot against the inside of the standing leg above or below the knee joint.

## Too Easy/Too Difficult

Add support / Close your eyes / Swap legs / Go onto the ball of your foot

## Equipment

Blindfolds / Stopwatch / Personal Challenge Card / Pen

## Measurement

Record the time you achieve in the stork position on your personal challenge card, if you manage 1 minute try to make the challenge harder

# School Games

## Personal Challenge 4



# Step Ups

## Instructions

Use a bench, stair or something similar to step up and down on.

Stand behind the bench/step and step up and down.

Repeat this over a timed period of 30 seconds

## Too Easy/Too Difficult

Change the height of the step / increase or decrease time

## Equipment

Step or bench / Stopwatch / Personal Challenge Card / Pen



# Measurement

Record the number of steps completed in 30 seconds on your personal challenge card

## School Games

### Personal Challenge 5



# Ball Clap

## Instructions

Throw a ball into the air and see how many times you can clap your hands before catching the ball

## Too Easy/Too Difficult

Change the size of the ball / change the shape of the ball

## Equipment

Ball – variety of shape and size / Personal Challenge Card / Pen

## Measurement

Count the number of claps and record on your personal challenge card

# School Games

## Personal Challenge 6



## Ball bounce or Dribble

### Instructions

Markers/cones are placed at different distances from the start line.

Athletes to start behind the start line.

The ball should be bounce dribbled or dribbled with the foot around a course or straight to the marker and back to the start line.

### Too Easy/Too Difficult

Change the ball / change the distance / course

### Equipment

Basketball or Football / Stopwatch / Cones or Markers  
/Personal Challenge Card / Pen



# Measurement

Count the number of claps and record on your personal challenge card

## School Games

### Personal Challenge 7



# Shuttle Runs

## Instructions

Markers / cones placed different distances away from the start line. Athlete to start behind the start line.

Run as fast as you can over three distances. Ensuring you touch each cone with your hand.

## Too Easy/Too Difficult

Change the distance from the start line

## Equipment

Cones / Markers / Stopwatch / Personal Challenge Card / Pen



# Measurement

Record the time it takes to complete the course on your personal challenge card

## School Games

### Personal Challenge 8



# Target Challenge

## Instructions

Create a target to aim at and choose an object to play with.

Choose how your object is going to travel to the target

The aim is to get your object to land in or on the target.

## Too Easy/Too Difficult

Change the size of the target / Add in obstacles

## Equipment

Target/ Object / Stopwatch / Personal Challenge Card / Pen

# Measurement

Record how many times you can land the object in or on the target in one minute on your personal challenge card

## School Games

### Personal Challenge 9



## Power Jump Challenge

### Instructions

Set yourself a jumping challenge e.g. Jump over or between two markers

### Too Easy/Too Difficult

Change the distance or height

### Equipment

Cones / Markers / Tape Measure (tool to measure e.g. you could have jump the distance of 3 pillows) / Personal Challenge Card / Pen

### Measurement



Record the distance/height jumped on your personal challenge card

# School Games

## Personal Challenge 10



# Make up your own challenge

## Instructions

What are you going to do and how?

## Too Easy/Too Difficult

What could you change to make it easier or harder?

## Equipment

What do you need?



