



## Year 6 Sports Challenge Afternoon!

### Your First Challenge!

The same as yesterday! See how many you can do. First and foremost, see if you can beat your score from yesterday and if then secondly, see if you can beat the teachers! Remember, the challenge is to record how many of each of the exercises from the table below you can do in 1 minute. Make sure you take a rest between each exercise. You're going to need it!




Activity	Mr Gill	Miss Baldock	Mrs Pammenter	Mrs Simmons
Burpees	18	15	17	14
Squats	48	57	46	47
Press-ups	37	28	24	13
Lunges	44	36	47	53

### Hand-Eye Co-ordination Challenge

Many sports involve having good hand-eye co-ordination. Today we are going to look at how we can improve this.



- Hand-eye co-ordination is something we can all improve. Some examples of activities are shown below. Try practicing them!

Ball to wall...		<ul style="list-style-type: none"> <li>• Throw the ball against a wall and catch it again.</li> <li>• Experiment and challenge yourself by doing it at different distances.</li> <li>• Try doing it with one hand.</li> <li>• Make a game out of it by playing it with a partner where you have to throw it against the wall to each other.</li> </ul>
Throw and catch		<ul style="list-style-type: none"> <li>• Throw a ball into the air and catch it.</li> <li>• Vary the objects you throw and catch.</li> <li>• Vary the different heights you throw in the air.</li> <li>• Try doing it with one hand. May challenge yourself and do it with your weaker hand.</li> </ul>
Egg and spoon		<ul style="list-style-type: none"> <li>• Be CAREFUL with this one as I don't want you to be breaking eggs all over your parent's floor! Try replacing the egg with a small ball.</li> <li>• See how long you can carry the 'egg' around the garden</li> <li>• Set up a slalom course to complete</li> <li>• Practice with both hands!</li> </ul>

- After practicing the activities above, which other activities can you come up to improve hand-eye co-ordination? Can you make them into a competition? How can you make them simpler or more difficult?
- Your challenge is to make an information poster which includes your activities. You may also want to include information about the importance of improving hand-eye co-ordination.