

# HOME HELP BALANCE CHALLENGE SHEET

**MAKE SURE YOU CARRY OUT ALL CHALLENGES IN A SAFE WAY!**

**PERSEVERANCE** – How many or how long you can do a challenge without giving up?

**ASPIRATION** – Can you aspire to achieve these targets? Can you Aspire to do more?

**RESPECT** – Remember to respect your body, only do what you can!

**TEAMWORK** – Can you work with someone you live with and help each other?



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- I can balance on my left leg for 20 seconds without putting my right foot down
- I can balance on my right leg for 20 seconds without putting my left foot down
- I can stand still with my left foot on the floor for 30 seconds
- I can stand still with my right foot on the floor for 30 seconds
- I can stand on my left foot and do 5 mini squats without losing balance
- I can stand on my right foot and do 5 mini squats without losing balance
- I can stand on my left foot for 30 seconds without losing balance with my eyes closed
- I can stand on my right foot for 30 seconds without losing my balance with my eyes closed

## COACHING POINTS

- **LOOK FORWARD AND FOCUS ON ONE POINT**
- **KEEP YOUR TUMMY TIGHT**
- **TRY TO SPREAD YOUR WEIGHT EVENLY BETWEEN THE BALL AND HEEL OF YOUR FOOT**
- **USE YOUR ARMS TO HELP BALANCE**
- **MINI SQUATS: MAKE SURE THE ANGLE AT YOUR KNEE IS NO MORE THAN 135° (SEE DIAGRAM)**

# HOME HELP JUMPING SHEET

**MAKE SURE YOU CARRY OUT ALL CHALLENGES IN A SAFE WAY!**

**PERSEVERANCE** – How many or how long you can do a challenge without giving up?

**ASPIRATION** – Can you aspire to achieve these targets? Can you Aspire to do more?

**RESPECT** – Remember to respect your body, only do what you can!

**TEAMWORK** – Can you work with someone you live with and help each other?



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## THE CHALLENGES

- I can jump from 2 feet to 2 feet forwards, backwards and side to side in rhythm and with good balance.
- Stand on a line, can you jump from 2 feet and land on your left foot and freeze on landing without losing your balance?
- Stand on a line, can you jump from 2 feet and land on your right foot and freeze on landing without losing your balance?
- I can start on my left foot, hop forward and hop backwards and freeze on landing
- I can start on my right foot, hop forward and hop backwards and freeze on landing
- I can stand on my left foot, jump sideways lifting my right knee high
- I can stand on my right foot, jump sideways lifting my left knee high

## COACHING POINTS

- **BEND YOUR KNEES BEFORE TAKE OFF AND ON LANDING**
- **SWING YOUR ARMS TO HELP LIFT AND BALANCE**
- **TRY AND KEEP YOUR HEAD UP AND FOCUS ON ONE POINT**
- **TRY AND LAND SOFTLY SO THAT THERE IS NO NOISE**



# HOME HELP CO-ORDINATION SHEET

**MAKE SURE YOU CARRY OUT ALL CHALLENGES IN A SAFE WAY!**

**PERSEVERANCE** – How many or how long you can do a challenge without giving up?

**ASPIRATION** – Can you aspire to achieve these targets? Can you Aspire to do more?

**RESPECT** – Remember to respect your body, only do what you can!

**TEAMWORK** – Can you work with someone you live with and help each other?



@TeamGarlinge

## THE CHALLENGES

**If you do not have a wall to use then they can pass to a partner.**

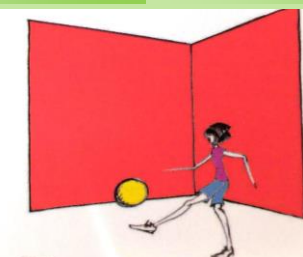
**If you do not have a ball at home what challenges can you find to do with a rolled up pair of socks or scrunched up piece of paper?**

- I can roll a large ball (eg. A Football) against a wall and catch it with two hands
- I can roll a small ball (eg. A tennis ball) against a wall and catch it with two hands from 5 big steps away from the wall.
- I can stand 5 large steps away from the wall, throw a tennis ball with my left hand and catch it in the same hand after 1 bounce
- I can stand 5 large steps away from the wall, throw a tennis ball with my right hand and catch in in the same hand after 1 bounce.
- I can kick the ball against the wall with my left foot 5 times in a row
- I can kick the ball against the wall with my right foot 5 times in a row
- I can kick the ball against the wall with alternate feet, left, right, left, right 10 times in a row

## COACHING POINTS

- ALWAYS KEEP YOUR EYES FOCUSED ON THE BALL
- GET IN LINE WITH THE BALL WHEN RECEIVING IT
  - TRY TO HAVE SOFT HANDS WHEN CATCHING
- USE BACKSWING AND FOLLOW THROUGH WITH YOUR LEG WHEN KICKING

(Kicking a large ball against the wall)



**PERSEVERANCE – ASPIRATION – RESPECT – TEAMWORK**

**#STAYSAFE**

