



The TEAM GARLINGE

Personal Challenge Activity Card



What is it?

We would like you to complete the following challenges whilst you are at home. The challenges have been chosen to help you in your future PE lessons.

The aim is to complete the challenges that you can and use the school values to help you improve! As long as you complete the challenges safely, you can adapt the activities to suit you and your environment!

Because this is about YOUR personal best and YOU improving YOUR skills!

THE CHALLENGE:

Have a go at the different activities and record your scores on the score card or a piece of paper.

Practice the activities to see if you can improve your best scores!

For every challenge you complete you will also earn points for your House!

Write how the School Values helped you.

IMPORTANT

Please remember that these challenges have been designed to hopefully enable all abilities to participate in a personal best challenge.

Each activity has an **easier** and **harder** option for your child to try.

The challenges can be adapted to sitting and adapted to individual's abilities.

Please email PE@garlinge.kent.sch.uk for further guidance if needed.

You will need:

- A ball of socks!
- Stopwatch/timer or clock
- Paper and a pen
- A bucket or target

Share your success!

If you would like your child's picture of them doing the challenges, uploaded onto the school website or Twitter page, then please email pictures and permissions to PE@garlinge.kent.sch.uk
Go Team Garlinge!

Personal Challenge

Score Card

Name: _____

Class: _____

HOUSE COLOUR: _____

1. LEG BALANCE

Balance on 1 leg and time how long you can balance for. Stop the time when your other foot touches the floor.

Time how long you can balance on your left leg and on your right leg.

Try from a seated position

Can you hold your balance with your eyes closed?

One leg Balance

LEFT

RIGHT

How long can you balance?

2. Arm Holds

Raise one arm and time how long you can hold it for.

Stop the time when you put your arm down.

Time how long you can raise your left arm and on your right arm.

Is it easier to hold your arm to the side or out in front?

Can you hold something like your water bottle whilst holding your arm out?

Arm Holds

LEFT

RIGHT

How long you can hold your arm in the air?

3. Sock Throw

Find a target, for example a piece of paper or bucket, choose how many steps you would like to throw from and see how many times can you throw your ball of socks into the bucket, collect, return and throw again in 1 minute.

Try placing your target closer to you

Try aiming for a smaller target

Sock Throw

How many can you do in 1 minute?

4. Clap and Catch

Throw your ball of socks into the air and see how many times you can clap before you catch them. You will get 1 point for every clap you do - remember you have to catch the socks to score!

Throw your socks and see how many times you can clap or tap your leg before the socks land on the floor.

Can you clap and then catch with one hand?

Clap and Catch

What is your highest number of claps?

5. Speed jumping

Place your ball of socks on the floor and see how many times you can jump over them and back in 1 minute!

Give yourself 1 point for every jump!

Try stepping over the socks

Can you keep going without stopping for 1 minute?

6. Star Jumps

How many star jumps can you do in 2 minutes? Remember to pace yourself. If 2 minutes is too long then try 1 minute to start with.

Try lifting your arms up and down from a seated position

Can you keep going without stopping?

7. Agility

Jog on the spot and get 1 point for each minute you can do without stopping.

Remember to pace yourself!

Swing your arms in your chair and 1 point for each minute you do without stopping.

Lay out your socks apart from each other, eg. 10 steps apart.

How many times can you run and touch each sock in 2 minutes? Get 1 point every time you touch a sock, how many points can you get?

CREATE YOUR OWN CHALLENGE

Can you create your own challenge that helps with...

8.

PERSEVERANCE



Balance
Co-ordination
Jumping
Running

Throwing or Catching?

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

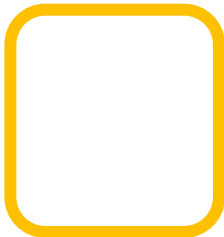
PERSEVERANCE – How many or how long you can do a challenge without giving up?

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?

Speed Jump



How many can you do in 1 minute?

Star Jumps



How many in 1 minute?

AGILITY



How many laps or minutes did you complete?

How have the School Values helped you?

Write here how each value helped you with your personal best



Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.