



Yr3 - Home Challenges

- Find a wall and, starting off with an easy challenge, try and make 10 x 2-handed catches in a row. Once successful, continue with 2-handed catches but think of ways to increase the challenge, for example move further back.
- Find a wall and, starting off with an easy challenge, try and make 10 x 1 handed catches in a row. Once successful, continue with 1 handed catches but think of ways to increase the challenge, for example move further back.
- Find a wall and, with a partner, create your own throwing and catching game or challenge.
- With a partner, create a game or challenge that involves striking a ball with your hands along the floor.
- With a partner, create a performance that involves a sequence of counter balances.
- With a partner, create a game or challenge that involves kicking a ball against a wall.
- With a friend, practise the 'Quick Off the Mark' game, changing the start position to change the challenge.
- With a friend, come up with and practise your own version of the 'Cooperative Challenge' game.
- With a friend, continue to practise the 'Copy Your Partner' game, trying to include changes of height and speed'.
- With a friend, continue to practise the 'Link Skills' game, trying to include changes of height, speed and direction.
- With a friend, continue to practise the '2 Ball Challenge' game and see if you can create a competitive version.
- With a friend, create and practise an adapted version of the 'Quick Off the Mark' game.