



KS1 Challenges

Challenge 1 - Hockey Pass & Move



Click the icon to watch a video of the challenge.

The Challenge

How many times can you pass a ball between two cones in 5 minutes?

Instructions

Place 2 cones 6 metres apart. Line up 3 children on the first cone and the remaining 2 children on the second cone. Place another 2 cones (2 metres apart) between and perpendicular to the lines of children to represent a goal. Pass the ball through the cones to the player waiting at the front of the other line. When the ball has been passed, the passing player runs to the back of the opposite line. Continue until the 5 minutes is up. Remember to keep count of how many you do. Only count the passes that go through the cones in the middle.

Equipment

Four cones and one hockey ball per group of 5. One Hockey stick per child.

Challenge 2 - Football Speed Dribble Shuttle



Click the icon to watch a video of the challenge.

The Challenge

How many times can you dribble a football around two cones in 5 minutes?

Instructions

Place 2 cones 5 metres apart. Line up all 5 children at one end with one football at the front of the line. One at a time the children need to dribble (ball at their feet) the football around the second cone and back to the first cone. Pass the football to the next child for their turn. Continue until the 5 minutes is up. Remember to keep count of how many you do.

Equipment

Two cones and one football per group of 5.

Challenge 3 - Netball Passing



Click the icon to watch a video of the challenge.

The Challenge

How many times can you pass a netball around a circle in 5 minutes.

Instructions

Place 5 cones 2 metres apart in a circle. Each child in the group is to stand on one of the cones. Choose a child to start with the netball, this will be the starting cone. Using a bounce pass, pass the ball around the circle and back to the starting cone as many times as possible in 5 minutes. Remember to keep count of how many you do.

Equipment

Five cones and one netball per group of 5.

Challenge 4 - Rugby - Keep Trying Challenge

The Challenge

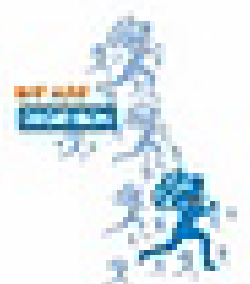
How many tries can you score in 5 minutes?

Instructions

Place 2 cones 10 metres apart. All 5 children to line up on the first cone facing the second cone. The child at the front of the line will start with the rugby ball. The first child will run to the second cone with the ball in two hands, score a try on or in line with the cone and run back with the ball before handing it to the next child in line. The team will repeat the activity and score as many tries as possible in 5 minutes. Remember to keep count of how many you score.

Equipment

Two cones and one rugby ball per group of 5.





KS2 Challenges

Challenge 1 - Hockey Pass & Move



Click the icon to watch a video of the challenge.

The Challenge

How many times can you pass a ball between two cones in 5 minutes?

Instructions

Place 2 cones 10 metres apart. Line up 3 children on the first cones and the remaining 2 children on the second cone. Place another 2 cones (1 metre apart) between and perpendicular to the lines of children to represent a goal. Pass the ball through the cones to the player waiting at the front of the other line. When the ball has been passed, the passing player runs to the back of the opposite line. Continue until the 5 minutes is up. Remember to keep count of how many you do. Only count the passes that go through the cones in the middle.

Equipment

Four cones and one hockey/tennis ball per group of 5. One Hockey stick per child.

Challenge 2 - Football Speed Dribble Shuttle



Click the icon to watch a video of the challenge.

The Challenge

How many times can you slalom in and out a line of cones in 5 minutes?

Instructions

Place 6 cones 2 metres apart in a straight line (10 metres in total). Line up all 5 children at one end with one football at the front of the line. One at a time the children need to dribble (ball at their feet) the football in and out of the cones until they reach the top, turn around and weave in and out on the way back as well. Pass the football to the next child who will repeat the activity. Continue until the 5 minutes is up. Remember to keep count of how many you do.

Equipment

Six cones and one football per group of 5.

Challenge 3 - Netball Shooting



Click the icon to watch a video of the challenge.

The Challenge

How many goals can you score in 5 minutes?

Instructions

Y3/4 - Make sure the net is the correct height (8ft). Place 1 cone 2 metres away from and straight in front of the netball post. This will be where the children shoot from. Place another cone 2 metres back from the first cone, this will be the waiting line. In teams of 5, one at a time shoot and try to score a goal, collect the ball and pass it to the next child before joining the back of the line to wait for your next go. Continue until the 5 minutes is up. Remember to keep count of how goals you score. For **Y5/6** set the net height to 9ft.

Equipment

Two cones, one netball and one netball post per group of 5.

Challenge 4 - Rugby - Keep Trying Challenge



Click the icon to watch a video of the challenge.

The Challenge

How many tries can you score in 5 minutes?

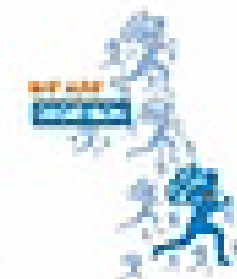
Instructions

Y3/4 - Place 2 cones 10 metres apart. All 5 children to line up on the first cone facing the second cone. The child at the front of the line will start with the rugby ball. The first child will run to the second cone with the ball in two hands score on or in line with the cone and run back with the ball before passing it to the next child. The team will repeat the activity and score as many tries as possible in 5 minutes. Remember to keep count of how many you score.

Y5/6 - Use 4 cones to create a 10 metre by 10 metre square. Choose which cone to start on and line all the children up on this cone. The child at the front of the line will start with one ball, place a second ball on the cone diagonally across from the starting cone. One at a time, the child at the front of the line will run around the square with the ball in two hands, when they reach the opposite cone (where the second ball is) they must score a try leave their ball there, pick up the second ball and continue running around the square back to the start. Pass the ball to the next child and repeat. A point is scored every time a try is scored, how many tries can the team score in 5 minutes.

Equipment

Y3/4 - Two cones and one rugby ball per group of 5. **Y5/6** - Four cones and two rugby balls per group of 5.





Team Score Card

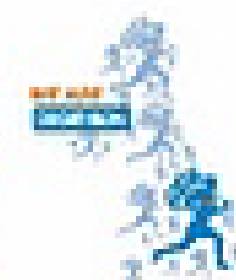
School Name.....

Class Name..... Year Group.....

	Total Points
Team Name:	
Challenge 1 – Hockey Pass & Move	
Challenge 2 – Football Speed Dribble	
Challenge 3 – Netball Passing (KS1) or Shooting (KS2)	
Challenge 4 – Rugby – Keep Trying	

	Total Points
Team Name:	
Challenge 1 – Hockey Pass & Move	
Challenge 2 – Football Speed Dribble	
Challenge 3 – Netball Passing (KS1) or Shooting (KS2)	
Challenge 4 – Rugby – Keep Trying	

	Total Points
Team Name:	
Challenge 1 – Hockey Pass & Move	
Challenge 2 – Football Speed Dribble	
Challenge 3 – Netball Passing (KS1) or Shooting (KS2)	
Challenge 4 – Rugby – Keep Trying	





Class Results Table

School Name.....

Class Name..... Year Group.....

	Team Name	Total Points
1		
2		
3		
4		
5		
6		
Class Total Points		
Average Points (Class Total Points ÷ Number of Groups)		

	Team Name	Total Points
1		
2		
3		
4		
5		
6		
Class Total Points		
Average Points (Class Total Points ÷ Number of Groups)		

