




CHALLENGE



# EYFS and KS1

## Sport Challenges- Week 1 Term 4

Challenge	Task
<p data-bbox="204 613 533 647"><b>Challenge 1- Catches</b></p> 	<p data-bbox="810 613 1270 674"><b>How many catches can you do in 1 minute?</b></p> <p data-bbox="810 714 1382 909">Eyes on the socks, make your hands as big as you can and make sure they're together, watch the socks all the way into your hands and off you go. If you have some space and the weather is nice you could try this outside and throw a little higher.</p> <p data-bbox="810 916 1350 976"><b>Question – Can you think of two sports you need to use catching whilst playing?</b></p>
<p data-bbox="204 1005 719 1039"><b>Challenge 2-Standing Long Jump</b></p> 	<p data-bbox="810 1005 1118 1039"><b>How far can you jump?</b></p> <p data-bbox="810 1070 1366 1265">Bend your knees and swing your arms, try and jump as far as you can! Keeping your balance when you land is important so mark where you land. You can measure how far you jumped with some things you have at home, like books or socks.</p> <p data-bbox="810 1272 1386 1332"><b>Research – Can you find who has the world record for the long jump?</b></p>
<p data-bbox="204 1341 687 1375"><b>Challenge 3- Move and Balance</b></p> 	<p data-bbox="810 1341 1342 1402"><b>How many times can you go around the tins in 1 minute?</b></p> <p data-bbox="810 1442 1382 1637">This is a tricky one; balance is the key and practicing before recording your score or challenging someone at home. You can change the object you're balancing to make it easier or harder, the smaller and rounder it is the harder it will be to keep still!</p> <p data-bbox="810 1644 1334 1727"><b>Idea – Change the course or add even some obstacles in the way to challenge yourself.</b></p>