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W3 WARM UPS - ANY SHAPES



TRACK 1

Travel about rhythmically to the music however they want (*walk, side gallop, skip etc*) then when the music stops they show their own shapes- **symmetric or asymmetric.**



W4 WARM UPS - FOLLOW AND MATCH



TRACK 1

Work in 2's.....

Follow-my-leader in 2's. When the music stops, the leader makes a shape and the follower matches it. When the music begins again the leader changes.



BS1 BASIC SKILL CHALLENGES - WITH A BALL



Have opportunities to use a range of balls (*different sizes, shapes, textures, weight*) as an individual to throw and catch to oneself.

Which is the best ball to use?

(a) Variations and challenges

(i) Clap before catching.

How many times?

What is your highest number in one minute?

(ii) Clap behind back.

How many times?

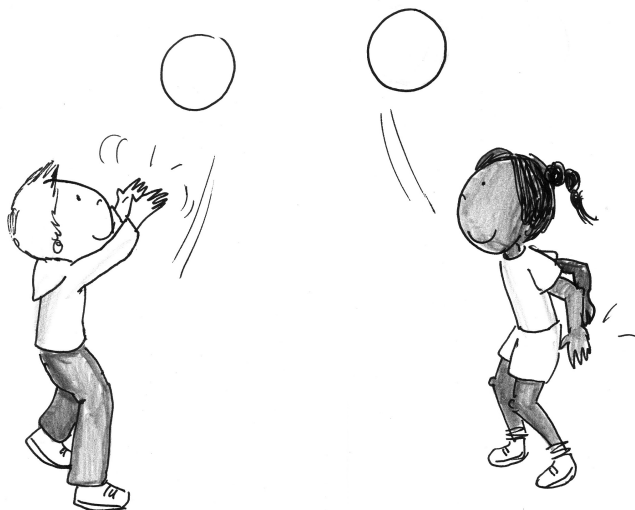
What is your highest number in one minute?

(iii) Turn - first one way, then the other. Look at the ball as you turn around.

(iv) Touch the floor before you catch the ball
(*throw the ball up slightly **forwards***).

(v) "Head shoulders knees and toes"

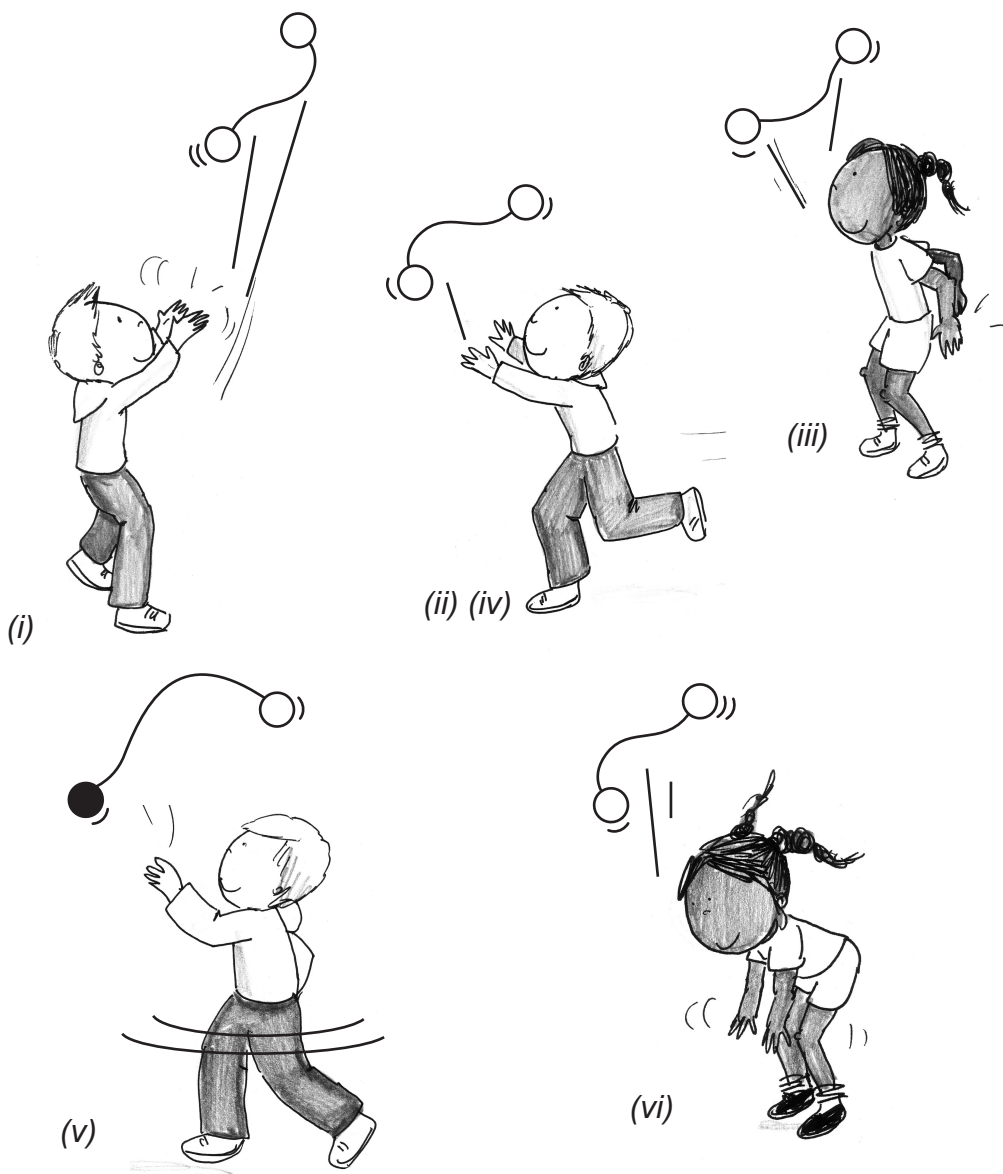
Throw, touch head and catch the ball, then repeat, but touch the next part of your body before catching the ball.



C INTRODUCTION - THROW AND CATCH



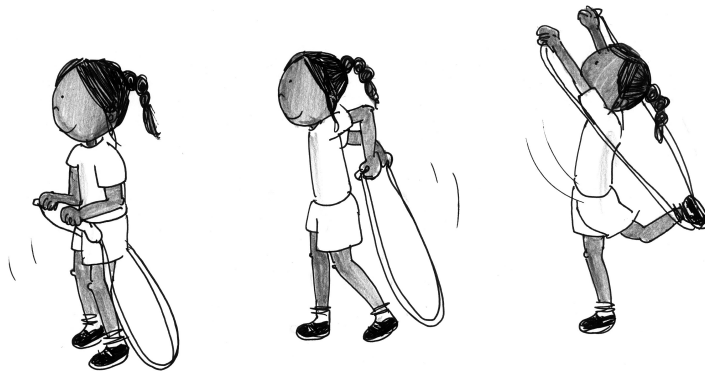
- (i) Throw the poingo up in the air - **clap your hands** and catch it again. How many claps can you do before successfully catching the poingo?
- (ii) Repeat but stand and hop on one leg/the other leg.
- (iii) Throw the poingo up-how many claps **behind your back**?
- (iv) Repeat, but stand and hop on one leg/the other leg.
- (v) Throw the poingo up and **turn around completely once** before catching it.
- (vi) Throw the poingo up and **touch the floor with your hands** before catching it.



S4 SKIPPING WARM-UP - STRETCH BEHIND



Hold the rope at each end and have the loop **behind** you. Step onto the rope with one foot, then pull the foot behind you to balance. *(Can you lean slightly backwards and look at the ceiling. Try it with the other leg).*



S5 SKIPPING WARM-UP - STRETCH IN FRONT



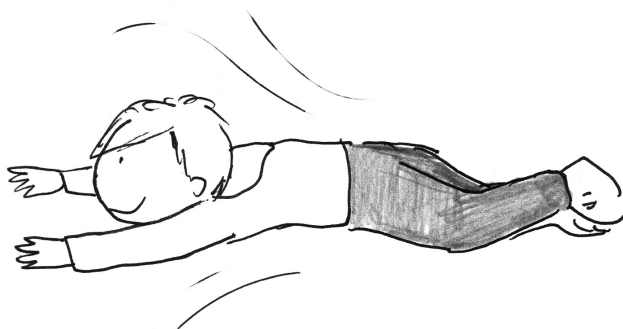
Hold the ends of the rope in each hand – put one foot on the rope and pull your foot up in front of you – balance on one leg. Try the **other** leg.
Extension (i) Bend and stretch the raised leg in time to the music.



CD9 CALM-DOWNS - THE SNAKE CHARMER (INDOORS ONLY)



Gently slither like a snake about the space - on your **front** - now on your **back** and now on your **side**. Repeat each one once more then slowly wriggle up to standing and stretch up tall (5 secs)



CD10 CALM-DOWNS - KEEP-IT-UP



- (a) Indoors with a balloon. Keep the balloon in the air by gently hitting it upwards with any part of your body. Can you keep it up in the air for 2 minutes?
- (b) In two's or a small group with one balloon, between you, keep it up in the air.

