

Personal challenge cards

Use the cards to challenge your pupils - one card every week.

Play Leaders could set up the activities at break and lunch times.

Or you could pin the challenge to your PE notice board and let the pupils have a go!



Personal challenge

Challenge 1

How many skips can you complete in two minutes?

Make this harder by skipping on one leg.

Can you skip backwards?

Equipment:

- Skipping rope
- Stopwatch

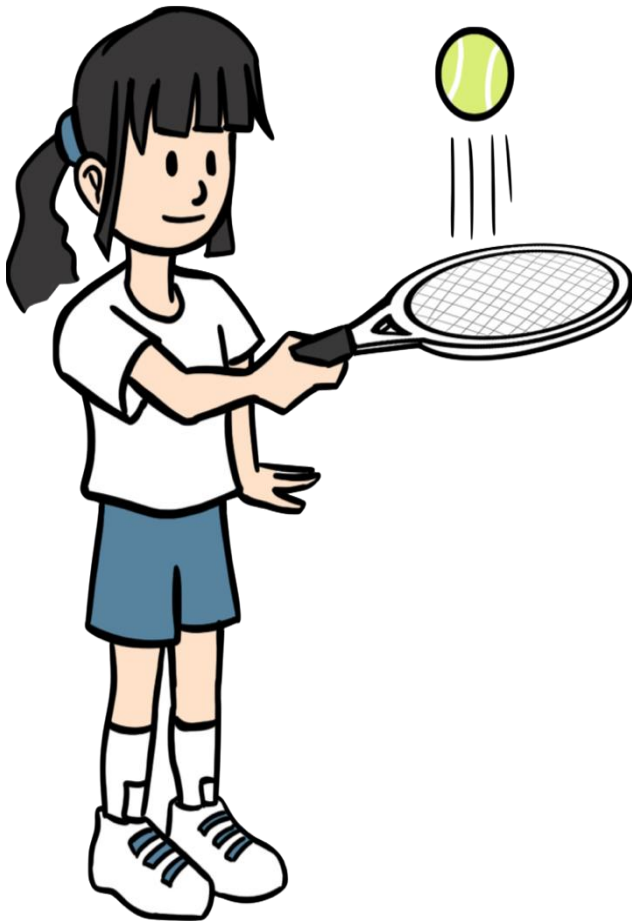
No skipping rope or stopwatch?

Try jumping side to side over a line. A friend can count for you.



Personal challenge

Challenge 2



How many tap-ups can you complete in two minutes?

Make this harder by turning the racket each time.

Equipment:

- Tennis racket
- Tennis ball
- Stopwatch

Personal challenge

Challenge 3

Equipment:

- Stopwatch



How many star jumps can you complete in two minutes?

Make this harder by touching your toes after each jump.

Personal challenge

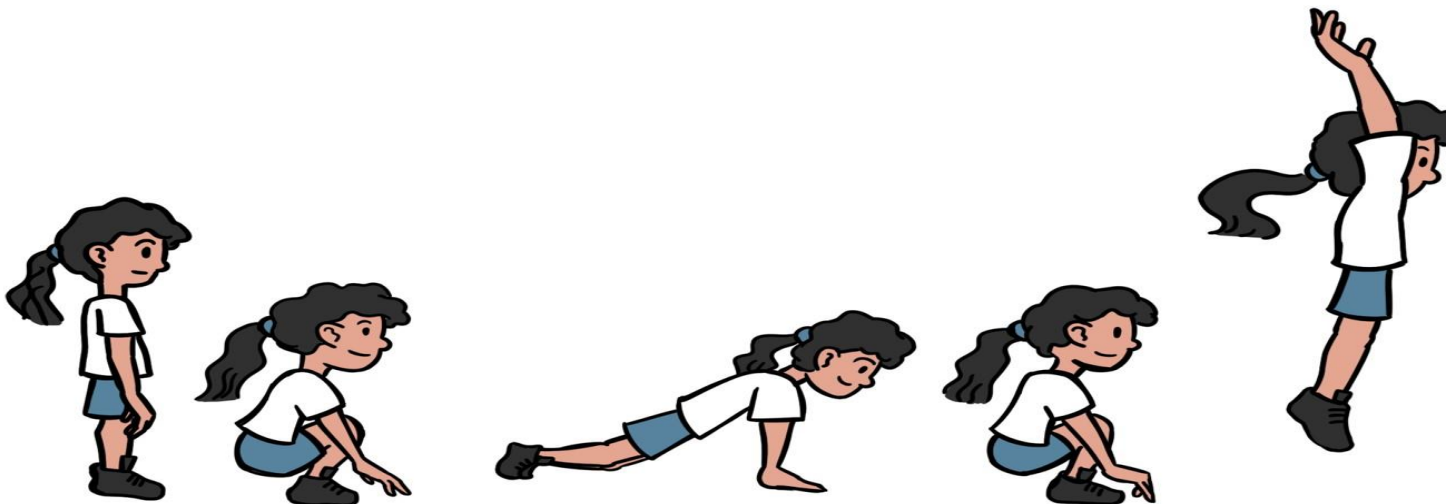
Challenge 4

Equipment:

- Stopwatch

How many burpees can you complete in one minute?

Make this harder by doing as many as you can in two minutes.



Personal challenge

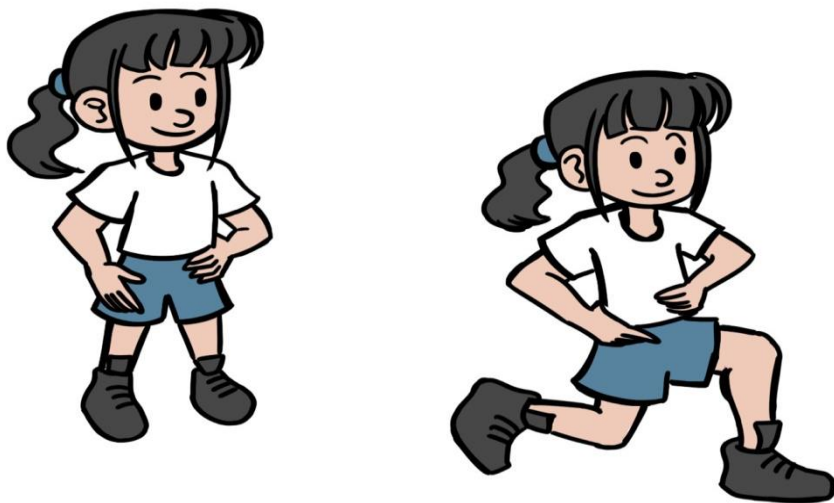
Challenge 5

Equipment:

- Stopwatch

How many lunge jumps can you complete in one minute?

Make this harder by doing as many as you can in two minutes.



Lunge so that your back knee almost touches the floor.

Jump up to standing.

Lunge again, with the other leg forwards.

Personal challenge

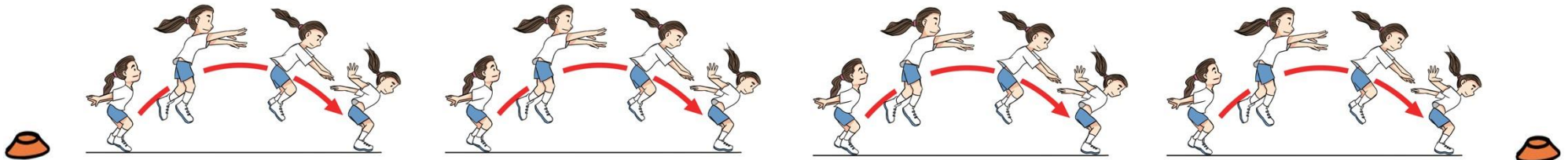
Challenge 6

Equipment:

- Cones

How many jumps does it take you to jump the length of the playground?

Make this harder by seeing how many hops it takes.



Personal challenge

Challenge 7

Equipment:

- Cone
- Stopwatch



How many times can you jump over the cone, side to side, in one minute?

Make this harder by doing as many jumps as you can in two minutes.

Personal challenge

Challenge 8

Equipment:

- 1 or 2 tennis balls
- Stopwatch

How many times can you bounce the ball on the floor and catch it in one minute?

Make this harder by holding one ball in each hand. Drop and catch one ball, then drop and catch the other ball.



Personal challenge

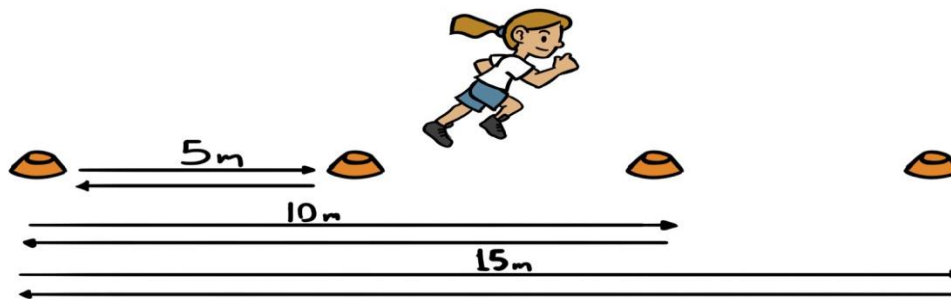
Challenge 9

Equipment:

- Cones
- Stopwatch

How many shuttles can you complete in one minute?

Make this harder by running for two minutes.



Run to the first cone and back, then the second and back, then the third cone and back. This is one shuttle.

Personal challenge

Challenge 10

Equipment:

- Stopwatch

How many laps of the playground can you complete in two minutes?

Make this harder by running for three or four minutes.

