

OVER 45 INDIVIDUAL TASKS

LEG SWING BALANCES

- Balance a bean bag on your head
- Try to hold your leg out (for 2 seconds) in front, then behind you, without dropping the bean bag.
- Then try with the other leg

9

CATCH IN THE CONE

- Throw a small ball into the air, then catch it in the tall cone
- You can let it bounce before catching
- Practice catching using
 - 2 hands (easier)
 - or 1 hand (harder)

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STAND UP SIT DOWN

- Balancing a tennis ball on the racket, try to sit down & stand up again without dropping it
- Practice with both your left & right hand

7

FIGURE OF 8'S

- Stand with wide legs
- Put the ball in & out of your legs in a **FIGURE OF 8** loop

6

DROP & JUMP OVER

- Hold the ball out in front, then drop it
- JUMP** over it without touching it

5

TAP UPS

- Tap the ball up in the air, let it bounce, then tap it again to keep it up
- larger ball
- tennis ball

SIDE TAPS

- Tap a ball from side to side through a hurdle (or a pair of cones)

1

SIT DOWN BOUNCE CATCHES

- Sitting down on the ground, bounce & catch a bouncy ball with 1 hand
- Practice using both hands when throwing & catching.

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UP & UNDER

- Throw the ball up in the air
- Then quickly **RUN** under it & turn around to catch it after it has bounced

STEP OVERS

- Step over the ball without touching it, then do the same with the other foot
- Keep switching.

2

WALL HITS

- Let the ball bounce, then hit it against the wall & try to keep it going
- larger ball = easier
- tennis ball = harder

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STAND UP SIT DOWN

- Balancing a tennis ball on the racket, try to sit down & stand up again without dropping it
- Practice with both your left & right hand

7

DRAG ALONG LINES

- Try to keep a ball on the ground, drag it along different shaped cones

10

TAP UPS

- Tap the ball up in the air, let it bounce, then tap it again to keep it going
- larger ball = easier
- tennis ball = harder

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KINDY-GRADE 2 CHALLENGES



You'll get 47 specific kindergarten-grade 2 fundamental individual sport skill challenges, to develop reaction, co-ordination, tracking, balance, movement and more:

- Striking - (hockey & racket skills)
- Moving - (locomotion, movement, jumping & balance)
 - Bouncing - (basketball dribbling & ball handling)
 - Throwing & catching (ball tracking, co-ordination)
 - Kicking - (soccer ball control)



The tasks have been filmed for demonstration, then put together in a powerpoint file - you can put the slides up on the projector/screen in the sports hall and follow along as a class. Or, load them onto the iPads for students to work at their own pace, in their own space.

Each task comes with additional printable flash cards, to use within stations, circuits, or as another reference.

