**Athletics (field)**

Skills targeted: Jumping, Throwing, Speed Bounce

Equipment needed: Speedbounce mats/soft hurdles, Football/netball/basketball, cones/markers

**Speed Bounce challenge**

Using a speed bounce mat or soft hurdle challenge your students to complete as many correct speed bounces over the hurdle in 30 seconds. A correct speed bounce is both feet landing simultaneously on the opposite side of the hurdle to where they started.

Make it easier Allow students to land one foot at a time

Make it harder Reduce the time limit to 15 seconds

Tips for improvement

* Hold your arms out to the side to improve balance
* Try to get as close to the top of the hurdle as possible to save time
* Twist your hips mid-air

Competition pointers

* Get someone to hold the corner of the speed bounce mat still for you
* If you land on the hurdle take the time to stop off it before restarting, or you could get the hurdle stuck under your feet

**Throwing challenge**

Using a football/netball/basketball challenge your students to chest push the ball as far as they can. Use a marker to show each students best attempt or you can measure with a tape measure. Ensure students do not step over the start line and do not take a run up

Make it easier Reduce the weight of the ball

Make it harder Increase the weight (balls used in competition are 1kg medicine balls)

Tips for improvement

* Bend your knees and spring upwards when releasing the ball
* Aim high, approx. a 45 degree angle

Competition pointers

* Don’t step over the line or the throw won’t be counted!
* Make sure the ball starts from your chest and is pushed forward

**Athletics (field) - continued**

**Jumping challenge**

Challenge your students to jump as far as possible from a standing start. Where they landed is recorded with a marker to allow them to try to improve their score. You can measure the best attempts with a tape measure if you wish. Ensure students start behind the same start line for accuracy

Make it easier Allow students to take a short run up

Make it harder Challenge students to jump and then jump again as soon as they’ve

 landed (similar to triple jump)

Tips for improvement

* Bend your knees and swing your arms for more power
* Reach forward with your arms when in the air to make sure you don’t fall backwards
* Rock forward onto the balls of your feet as you take off to gain momentum

Competition pointers

* Try to land with both feet together as it’s the furthest one back that is measured
* Make sure you lean forward on landing, if you fall back onto your hands you’ll lose distance

**Athletics (track)**

Skills targeted: Running, Sprinting, Relay change overs

Equipment needed: Cones, spots, beanbags/relay batons, hurdles if appropriate

**Shuttle Sprints**

Mark out ‘lanes’ of 10m. Challenge your students to complete 5 shuttle sprints in the quickest possible time. Make sure they touch the cone at either end of the lane.

Make it easier Reduce the challenge to 2 or 3 shuttles

Make it harder Increase the challenge to 7-10 shuttles

Tips for improvement:

* Drive your knees towards your elbow and push against the floor
* Slow down into a turn otherwise you’ll over run and lose more time

Competition pointers

* Hit the reversa board low down (below half way) for a quicker turn
* Don’t miss out any hurdles/equipment – time will be added on!

**Relay changeovers**

Set out a series of lanes of up to 25m in length. Organise your students into teams of 4-8 and position a team in the middle of each lane. Challenge them to run towards the end of the course, turn and run back past their team-mates to the other end, turn again and head back to middle of the course and pass a baton on to the next runner. Time each team individually or run races between your teams

Make it easier Position half the team at either side of the lane so students are faced each-other when passing on the baton

Make it harder Run the challenge for a set amount of time and challenge students to get as many changeovers in the time limit as possible

Tips for improvement

* Watch the baton into your hand to make sure you’ve got it
* Start running before your team-mate reaches you so you’ve got momentum

Competition pointers

* Decide on a point (maybe a line on the floor) which when your team-mate reaches you’ll start running
* Watch your team-mates hand when passing them the baton – don’t take your eye off it until they have it

**Basketball**

Skills targeted: Passing, Shooting, Dribbling, Ball control

Equipment needed: Basketballs, cones, spots, basketball/netball hoops if possible

**Slalom Dribble**

Mark out a distance of up to 20m with two cones. Position a number of other cones in between which students must dribble around. Challenge your students to dribble a basketball around the cones to complete the distance as quickly as possible whilst keeping the ball under control. Students must use only one hand to dribble and cannot catch the ball

Make it easier Remove some of the cones to make the slalom easier

Make it harder Challenge students to only use their weaker hand to dribble, or exchange between strong and weak hands with each bounce

Tips for improvement

* Keep the ball as low to the ground as possible so opposition players have less chance to steal it
* Position your body between the cones and the ball (as though they are defenders)

Competition pointers:

* Only dribble when you have space to do so, if defenders are too close try a pass
* Don’t dribble too much, if a player is open and in a better position, pass the ball

**Fast break**

In teams of 4-6 challenge your students to get the ball to travel the full length of a court (max 30m) without dropping the ball or dribbling it. Time the teams to see who’s the fastest

Make it easier Allow play to carry on if the ball is dropped but stays inside the court

Make it harder Put in a defender or two to slow down progress

Tips for improvement

* Make sure whoever has the ball has someone to pass too on both sides
* Pass the ball quickly to give defenders less time to react
* Call out the name of the person you want to pass to so they know to be ready

Competition pointers

* Use different types of passes to keep opponents guessing
* Avoid over head passes – especially if the other team has some tall players!

**Basketball continued**

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**The L shape challenge L** x

Set out a small L shape (approx. 1m either side) with spots/cones with a feeder positioned 5m away from each end of the L as in the simple diagram above. A third student then is challenged to receive a ball from one of the feeder, dribble around the outside of the L and pass to the other feeder. Who will then pass back for the drill to be reversed. Count up how many successful passes your students can complete in 1min.

Make it easier Shorten the distance between feeders and the L

Make it harder Limit the number of bounces it take to go around the L. Your most able students should be able to do it in two bounces

Tips for improvement

* Stand sideways on to receive the ball so your next movement is smoother
* Transfer the ball from one hand to the other when going round the L

Competition pointers

* Make quick movements towards the feeder and call their name as if in a game
* Keep your body between the ball and cones as if it were a defender

**Lay-up challenge**

Set up 3 cones 5m from a basketball hoop at different angles. Challenge your students to complete as many lay-ups as possible without missing, using the cones as a starting point.

Make it easier Set a time limit on the challenge so missed lay-ups don’t end the attempt

Make it harder Put in a passive defender to challenge your students further

Tips for improvement

* Aim for the bottom corner of the backboard, if you hit that the ball should go in
* Lift the ball gently towards the target – if you throw the ball at the backboard it will bounce away

Competition pointers

* Rebound – as soon as someone from either team shoots try to work out where its going to bounce and jump and grab the ball
* Get between the ball and your goal area when defending – make it difficult for the other team

**TAG Rugby**

Skills targeted: Passing, Dodging, Running, Tagging

Equipment needed: Rugby balls, Hoops, Cones, Tag-belts

**Passing accuracy challenge**

In threes or fours give each group 5 rugby balls and a hoop. Players take it in turns to hold out the hoop at chest height (away from their body). One players is challenged to pass as many balls as possible through the hoop from 2m away. Then increase the distance

Make it easier Use larger hoops or decrease the distance

Make it harder Increase the distance of the pass

Tips for improvement

* Stand sideways with the hand furthest away from the target at the back of the ball
* Lean into the pass with your legs and hips for more power

Competition pointers

* Try to aim for your team-mates chest/stomach to make it easier to catch
* Remember to pass the ball backwards/sideways

**Agility Challenge**

Set out a number of cones in a zig-zag formation across a 15-20m course. Students must collect the cones (going right then left) as quickly as possible. Not allowed to miss a cone

Make it easier Allow students to miss out cones if they wish

Make it harder Increase the distance between the cones

Tips for improvement

* Push off with your outside foot to change direction quickly

Competition pointers

* Try a fake movement one way before going the other to fool the defender

**Tagging Challenge**

Set out a 20x20m area with 10 players inside wearing tag belt. Participant has 30seconds to gain as many tag belts as possible. Defenders cannot block/spin to avoid being tagged

Make it easier Limit defenders to a jog

Make it harder Remove one of the tags from each defender, reducing the targets

Tips for improvement

* Take up a low starting position when going for a tag belt

Competition pointers

* Make sure you shout TAG! And hold the belt up so its clear you’ve got a tag