



Personal Challenge Cards

How to use the cards:

Use the cards to challenge the children taking part in your activity.

One card for every lunchtime club.

Use young leaders to set up the activities at break and lunch times.

Equipment tips:

If you don't have a stopwatch, try jumping side to side over a line. One jump for every second.

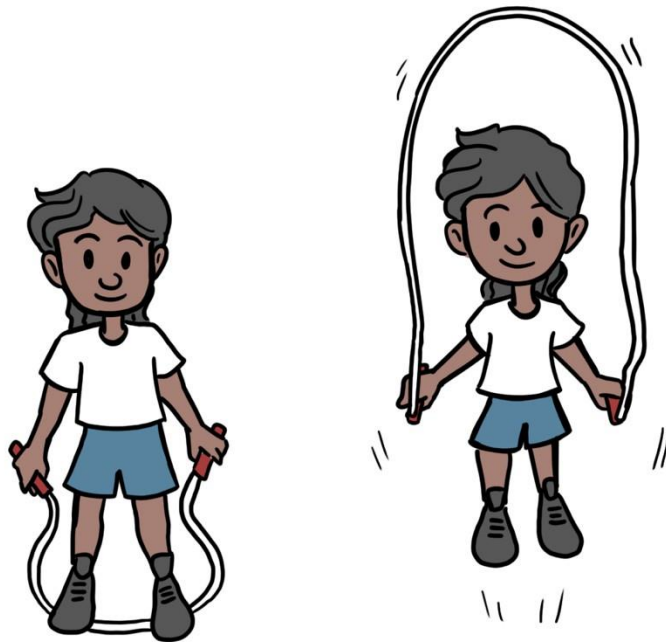


Personal Challenge

Challenge 1

Equipment

- Skipping rope
- Stopwatch



How many skips can you complete in 2 minutes?

Make this harder by skipping on one leg.



Personal Challenge

Challenge 2

Equipment

- Stopwatch



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

*Make this harder by
running for 4
minutes.*

Personal Challenge

Challenge 3

Equipment

- Tennis racket
- Tennis ball
- Stopwatch



How many tap ups can you complete in 2 minutes?

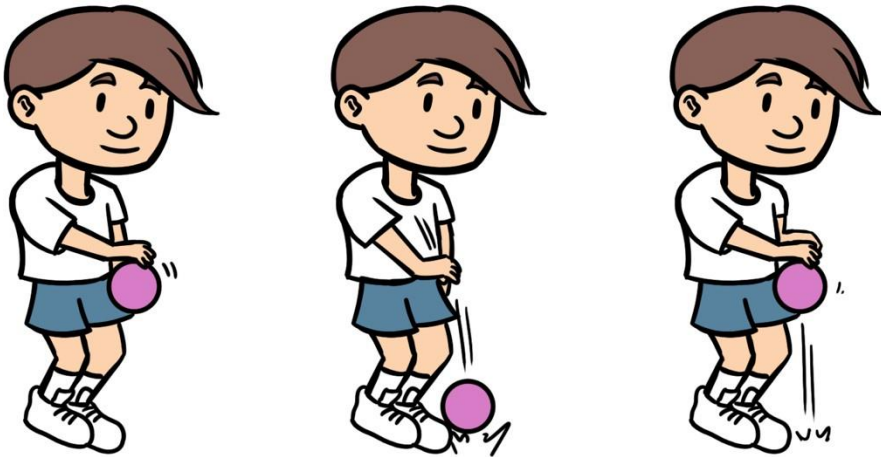
Make this harder by turning the racket over each time.

Personal Challenge

Challenge 4

Equipment

- Tennis ball (s)
- Stopwatch



How many times can you bounce the ball on the floor and catch it in 1 minute?

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

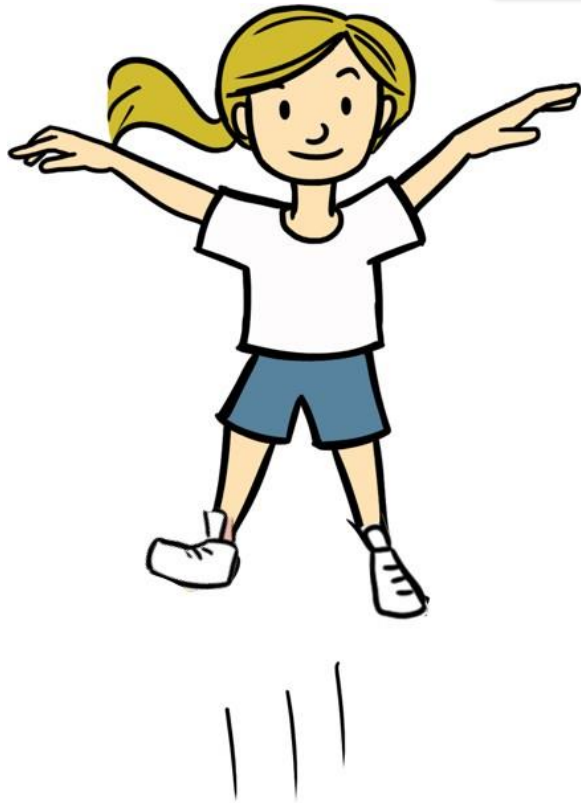


Personal Challenge

Challenge 5

Equipment

- Stopwatch



How many star jumps can you complete in 2 minutes?

Make this harder by touching your toes in between each jump.

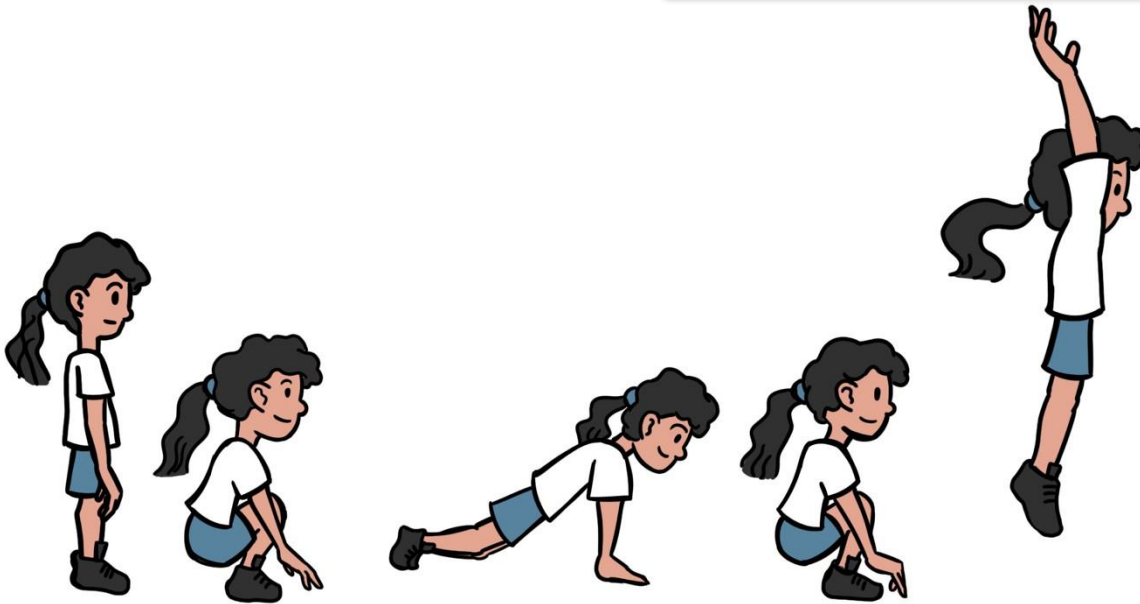


Personal Challenge

Challenge 6

Equipment

- Stopwatch



How many burpees can
you complete in 1
minute?

Make this harder by completing as many burpees as you can in 2 minutes.

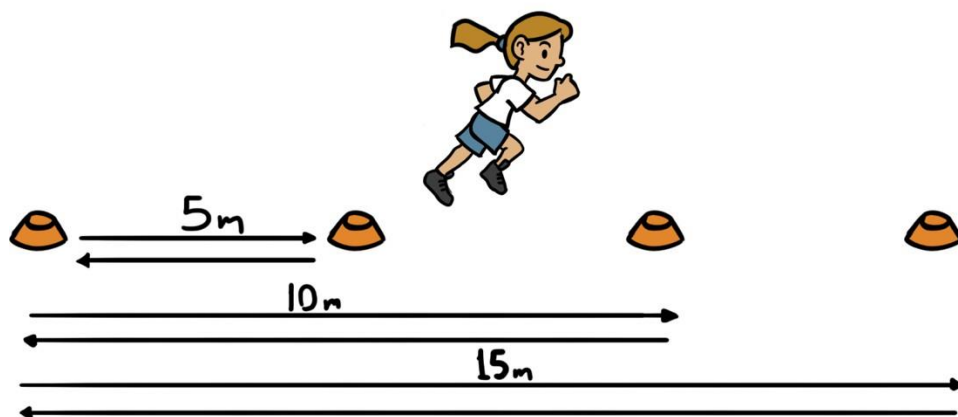


Personal Challenge

Challenge 7

Equipment

- Cones
- Stopwatch



How many shuttles can
you complete in 1
minute?

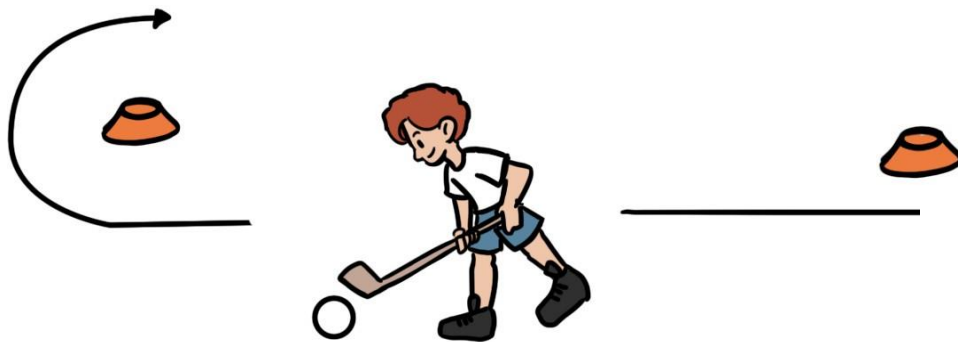
*Run to the first cone and back, then the second cone and back, then
the third cone and back. This is one shuttle.*

Personal Challenge

Challenge 8

Equipment

- Hockey stick
- Tennis ball
- Cones
- Stopwatch



How many times can you dribble the ball up to the end cone and back in 2 minutes?

Make this harder by adding in extra cones which you have to weave in and out of.



Personal Challenge

Challenge 9

Equipment

- Basketball
- Stopwatch
- Cones



How many times can you dribble the ball up to the end cone and back in 2 minutes?

Make this harder by using your non-dominant hand (the hand you don't write with).

Personal Challenge

Challenge 10

Equipment

- Stopwatch



How many lunge jumps
can you complete in 2
minutes?

Lunge so that your back knee almost touches the floor, then jump up to a standing position. Repeat lunging with the other leg forwards.

Personal Challenge

Challenge 11

Equipment

- Cone
- Stopwatch



How many times can you jump over the cone, side to side, in 1 minute?

Make this harder by seeing how many you can complete in 2 minutes.

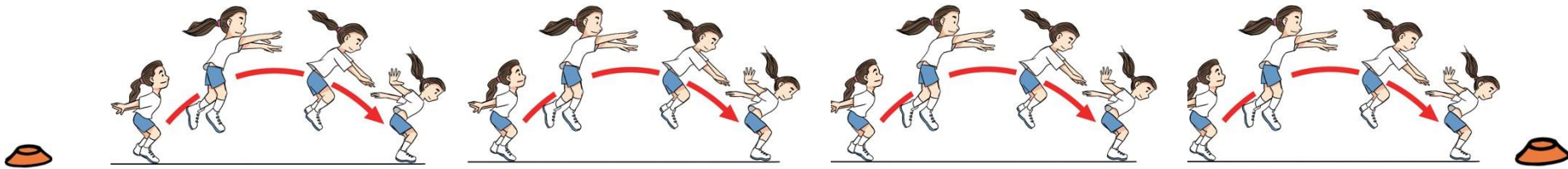


Personal Challenge

Challenge 12

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 you to hop the
length of the playground.*