

SPEED BOUNCE

GREAT 8 CHALLENGE

Explanation

- Use a speed bounce mat; if you don't have one use a gym mat on the floor and some tape or thrown down line.
- Standing side on, with two feet together, bounce as many times as possible from side to side in 30 seconds.
- Two feet must touch the mat on each bounce.

How to score

- Count the number of two-footed jumps in 30 seconds: each jump scores one point.



BALL AROUND YOUR LEGS

GREAT 8 CHALLENGE

Explanation

- Standing with your legs apart, make a figure of eight with the ball by moving it around one leg then the other
- See how many figures of 8 you can complete within 30 seconds
- Using a Maxi Play Ball

How to score:

- Each whole figure of 8 = a point.
- Do not count uncompleted figure of 8's.



BALANCE

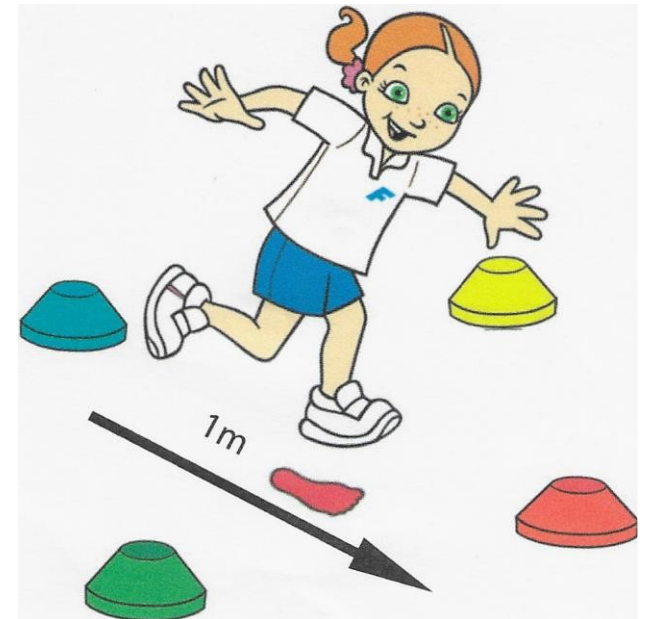
GREAT 8 CHALLENGE

Explanation:

- Start on the centre spot, balancing on one foot.
- Maintaining balance, pick up as many cones as you can in 30 seconds from the 4 piles.
- Pick up one cone at a time.
- If you lose your balance & put a foot down you carry on once you have balanced on one foot.

How to score:

- One cone = one point



AGILITY RUN

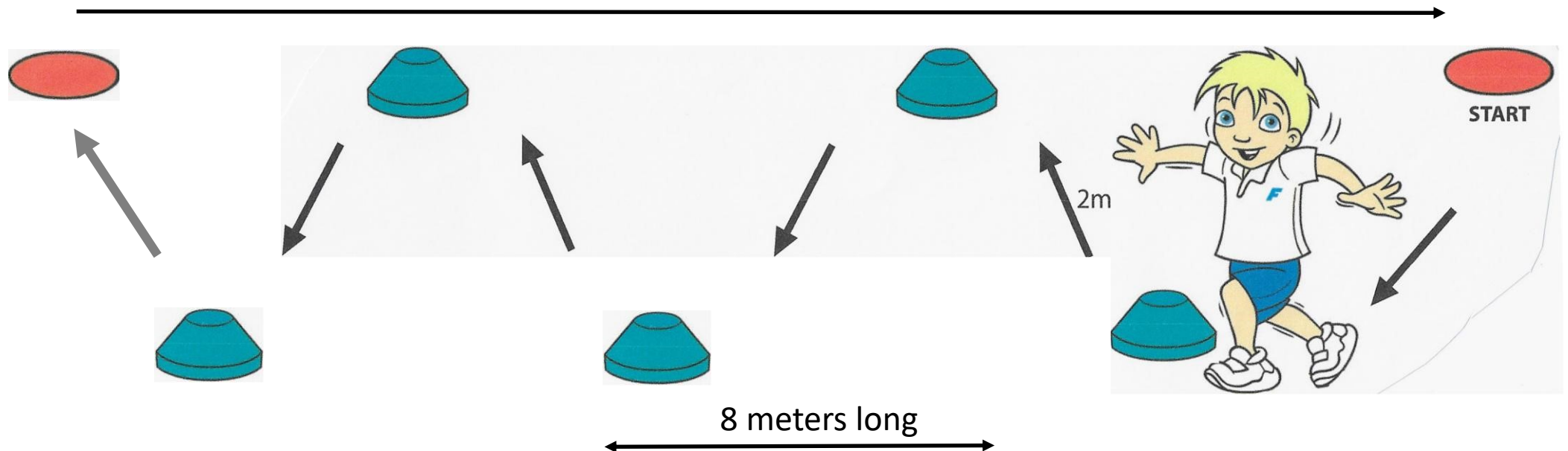
GREAT 8 CHALLENGE

Explanation

- Start at red spot, pupils run around the outside of the blue cones in zig zag pattern once they have run to the top red spot they sprint back to start spot and repeat.

How to score:

- Count each blue cone and red spot pupil goes round in 30 seconds, each is worth one point.



SPOTTED CIRCLE

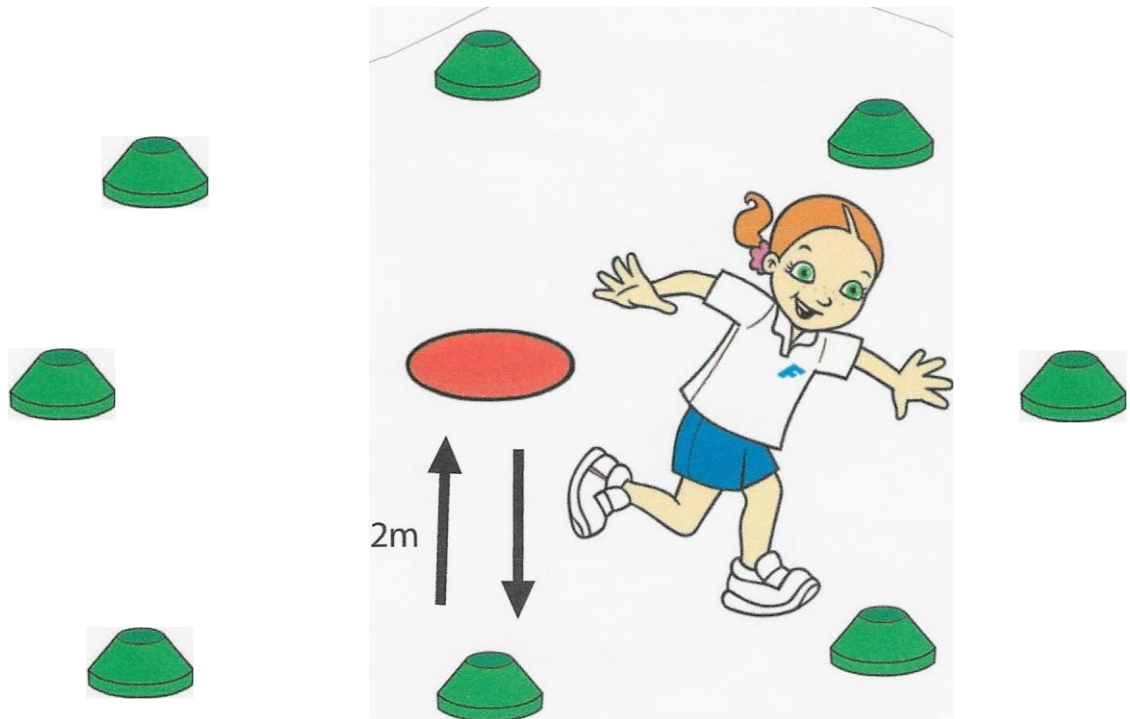
GREAT 8 CHALLENGE

Explanation

- Set up a circle of 8 markers with one in the centre (using spots or cones)
- Start at the centre and run out to outside marker then return to centre continuing in and out all the way round.
- Touch each marker with hand.

How to score:

- Count one point for each outside marker touched in 30 seconds



TARGET THROW

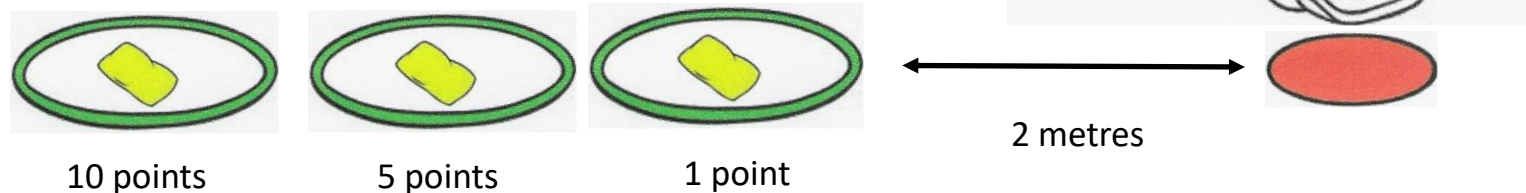
GREAT 8 CHALLENGE

Explanation

- Set up the three medium size hoops—2 metres from red spot
- Maximum no of 10 underarm throws in 30 seconds. Throw one beanbag at a time.
- Bean bag must land & remain in hoop to count

How to score:

- See below for point scoring



TENNIS BALL BALANCE

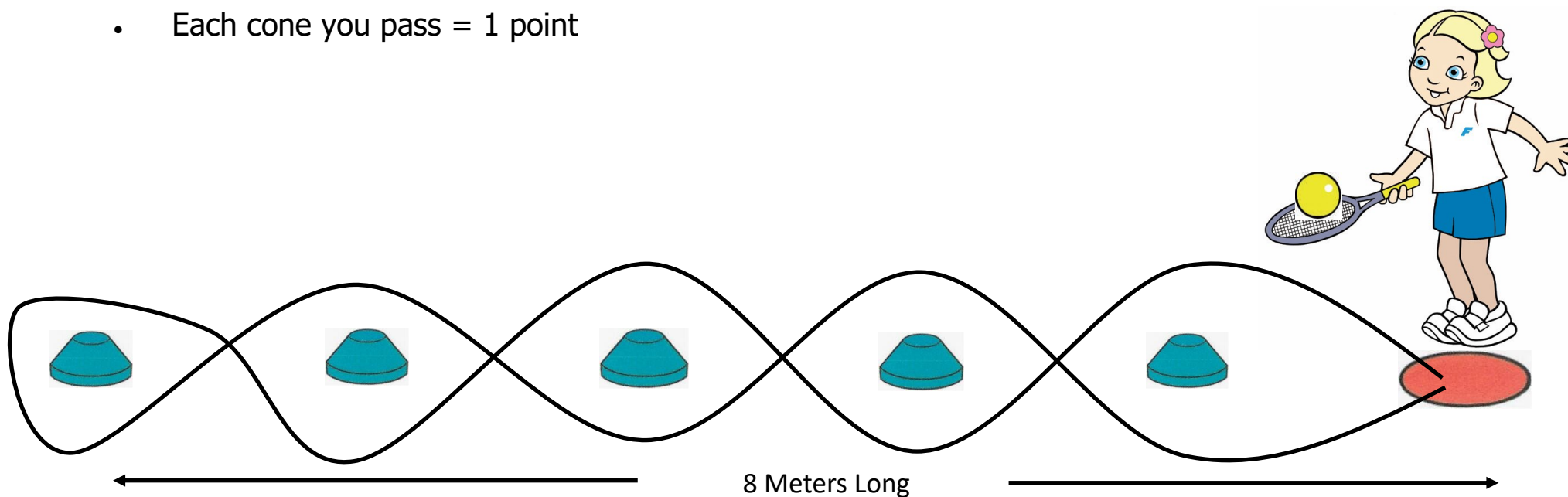
GREAT 8 CHALLENGE

Explanation

- Balance a ball on racket and weave in & out of cones to the top and back to red spot.
- Repeat continuously for 30 seconds.
- If the ball comes off the racket they must stop put the ball back on and then continue.

How to score:

- Each cone you pass = 1 point



BALL THROW

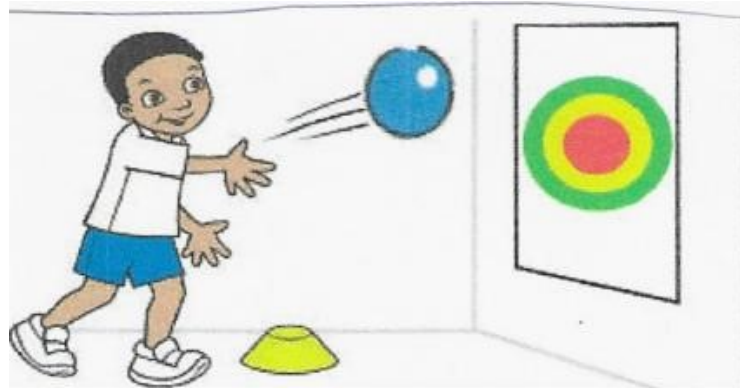
GREAT 8 CHALLENGE

Explanation

- Stand 2 meters away from the wall and throw the ball against the wall and catch repeat continuously for 30 seconds. (Chest pass would be a recommended pass)

How to score:

- Count each ball caught directly without a bounce. Dropped balls do not count.



2 Meters

