

PE HOME LEARNING CHALLENGE CARD

Challenge 6: The Tap Up Challenge



Brief

This challenge is all about hand-eye co-ordination. Depending on what you have in your home, you can choose to do either option 1 or option 2. You could even try it with a partner and see what score you get together.

Option 1: For this option you will need a tennis racket and a ball (you could use your hand and a pair of rolled up socks or scrunched up paper instead). In 60 seconds, see how many times you can tap the ball up on the tennis racket.

Rules: If the ball hits the floor, time continues but your score freezes until you begin tapping again.

Bronze - Complete 10 tap ups in 60 seconds

Silver - Complete 15 tap ups in 60 seconds

Gold - Complete 20 tap ups in 60 seconds.

Option 2: For this option, you will need a blown up balloon. In 60 seconds, see how many times you can tap the balloon up without it touching the floor.

Rules: This time, if the balloon hits the floor, deduct one point for your total score.

Bronze - Complete 10 tap ups in 60 seconds

Silver - Complete 15 tap ups in 60 seconds

Gold - Complete 20 tap ups in 60 seconds.