

PE HOME LEARNING CHALLENGE CARD

Challenge 2: Around the world



Brief

This challenge focusses on your co-ordination skills. The aim is to pass a ball (use a soft toy or a pillow if you don't have a ball) around your waist as many times as you can in one minute! Keep practicing to see if you can get quicker and quicker. You could even have a little competition with the people you live with.

Need a demo? Visit <https://www.youtube.com/watch?v=rMrwvyLD-DI> to see the challenge in action.

Rules

- ♦ One minute time limit.
- ♦ If you drop the ball, pick it up as quickly as you can and carry on.
- ♦ The ball must go the whole way around your waist to count.
- ♦ Don't forget to count!

Bronze - 30 times around you waist

Silver - 40 times around your waist

Gold - 50 times around your waist