



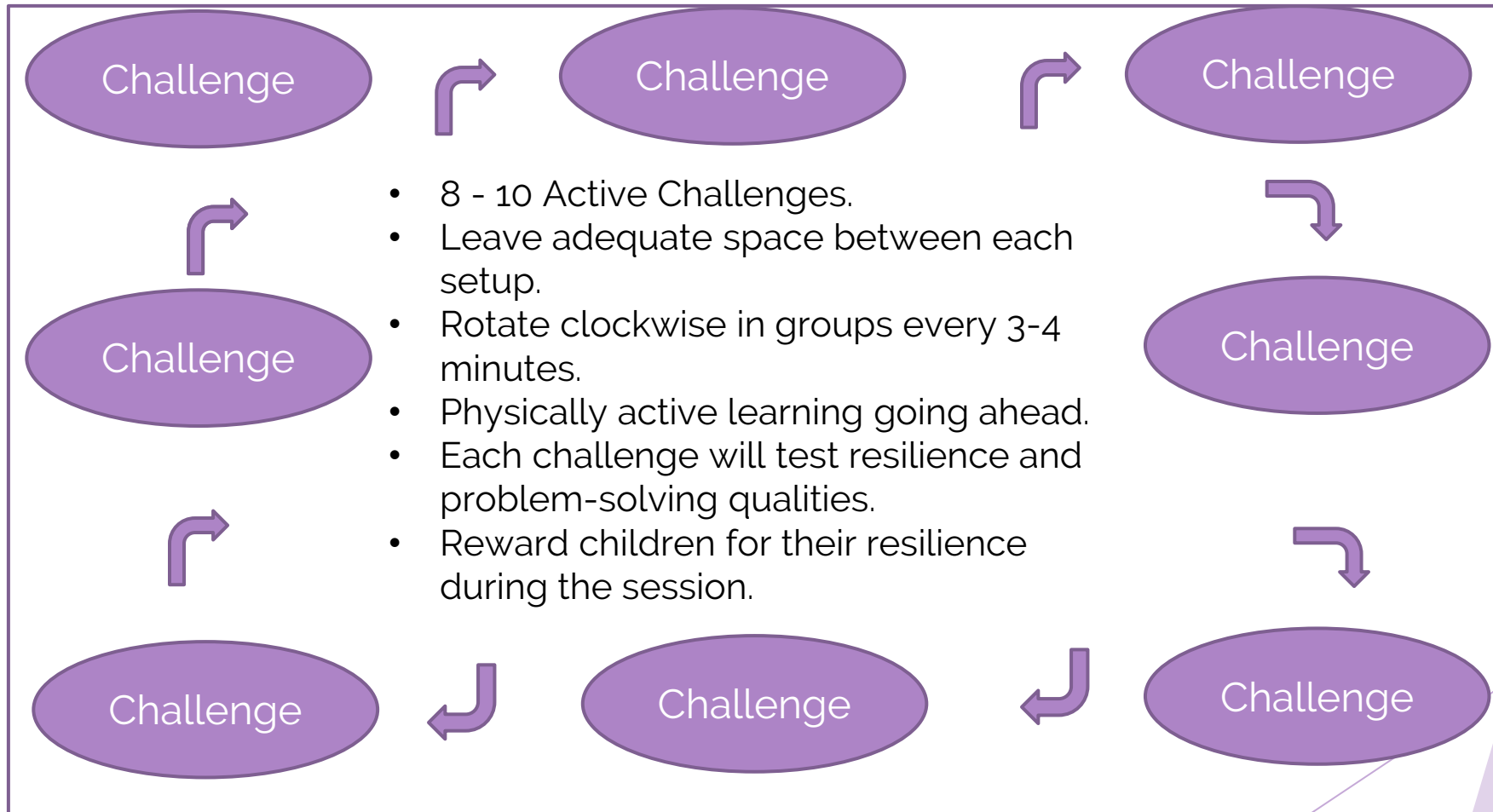
Personal Challenge Resource Cards.

Suitable for school years
1-6.

LivWell

BE HAPPY. BE HEALTHY.

Example Set up





Print the following cards and place them at each challenge station.

Each card has progressions and regressions included.

LivWell

BE HAPPY. BE HEALTHY.

Drop Ball

Objective: To test your reaction speeds.

Test your reactions and see if you can catch the ball before it hits the ground.

Place your hands on either side of the ball (as shown in the picture). Your partner will then drop the ball without telling you when and you must attempt to catch it before it hits the ground.

Make it easier:

- Use a bigger ball.
- Count down to release the ball.
- Let go of the ball higher.

Make it harder:

- Use a smaller ball.
- Use one hand to catch the ball.
- Let go of the ball lower



The Memory Game

Objective: To test your memory skills.

Spread the cards out on the floor, facing upwards. After a short period of time your partner will turn them over.

Your partner will then call out the name of a fruit or vegetable and you must try and remember where it was before the cards were turned over.

How many can you get in a row?

Make it easier:

- Use less fruit and vegetable cards.
- Longer time to view the cards

Make it harder:

- Use more fruit and vegetable cards.
- Less time to view the cards.



Ball Swap

Objective: To test your co-ordination.

Can you transfer the balls from one box to the other, without dropping any on the floor?

Use both hands, one in each box, to pick up a ball and swap it to the other box.

Ask your partner to time you and see how fast you can swap the balls over.

Make it easier:

- Use less balls in the box.
- Use bigger boxes.
- Use bigger balls

Make it harder:

- Use more balls in the box.
- Use smaller boxes.
- If a ball bounces out of the box restart the challenge.



Jenga Tower

Objective: To test your nerves.

You'll need a steady hand to build a tower and complete this challenge.

Use the blocks provided to build a tower as high as you can, within a time frame set out by your teacher (i.e. 25 Seconds) without it falling over. **(See picture).**

Count how many blocks high your tower is and then compare it with your partner.

Make it easier:

- Lay the blocks flat on top of each other.
- Increase the time given.

Make it harder:

- Reduce the time given.
- Use non dominant hand.



Bucket Challenge

Objective: To test your aiming skills.

How many balls can you get in the bucket?

Stand at a set distance away from the bucket and see how many balls you can throw into the bucket within 30 seconds.

Make it easier:

- Use smaller balls.
- Increase the time limit.
- Reduce the distance from you to the basket.
- Use a bigger basket.

Make it harder:

- Use bigger balls.
- Reduce the time limit.
- Increase the distance from where you throw to the basket.
- Use non dominant hand.



The Balance Test

Objective: To test your balance.

Using a spot or dome, see how long you can balance for using just one leg, without falling off.

When balancing make sure your none balancing leg is nice and high!

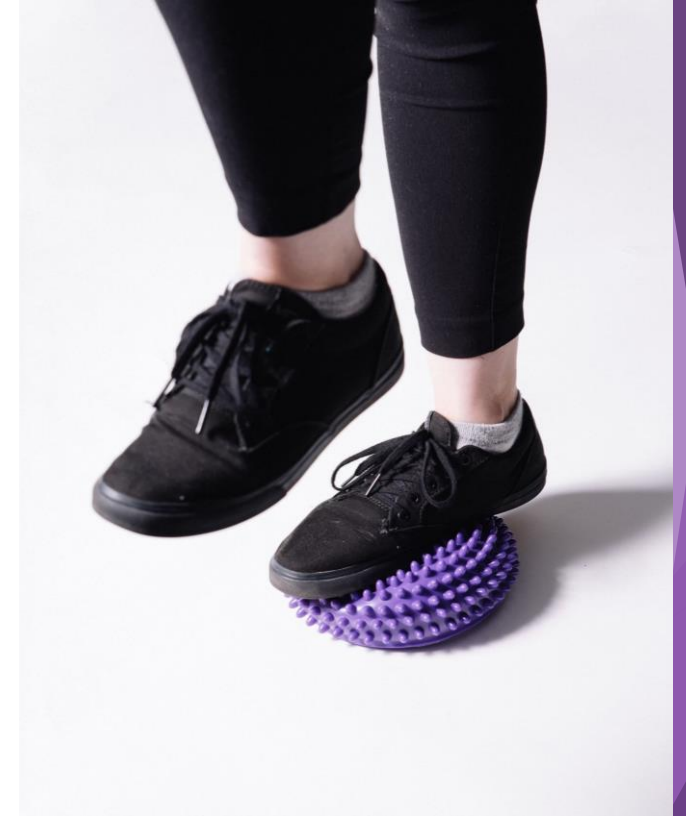
Get your partner to time and see how long you can balance for.

Make it easier:

- Use a larger spot or dome.
- Use your partner to help you balance to begin with.

Make it harder:

- Can you put your hands on your head.
- Turn the dome over
- Use a blindfold.
- Balance on your weaker foot.



King Kong Ping Pong

Objective: To test your hand/eye co-ordination.

For this challenge you will be trying to catch a ping pong balls, using just a plastic cup.

Ask your partner to bounce the ball on the floor and using your cups (1 in each hand) see if you can catch the ball without it falling out of the cup.

How many balls can you catch in 30 seconds?

Make it easier:

- Use larger cups.
- Stand closer to your partner when they bounce the ball.

Make it harder:

- Limit the ball to 1 bounce before catching it in the cup.
- Use 1 cup instead of cup.
- Use a smaller cup.



Pancake Flip

Objective: To test your balancing skills.

In this challenge you'll be flipping a beanbag as if it's a pancake, using a tennis racket.

With the bean bag on your racquet you must flip the bean bag up into the air and catch it as many times as possible in the time limit given by your partner.

Ask your partner to keep track of your score.

Make it easier:

- Use 2 hands to flip the racket.
- Use a larger racket and beanbag.

Make it harder:

- Use a smaller bean bag.
- Flip the beanbag over a bigger height.
- If the bean bag falls off the racket you must restart the challenge.



Keepy-Uppy

Objective: To test your juggling skills.

How long can you keep 2 balloons up in the air for whilst using just your hands?

Get your partner to time how long you can keep the balloons from touching the ground.

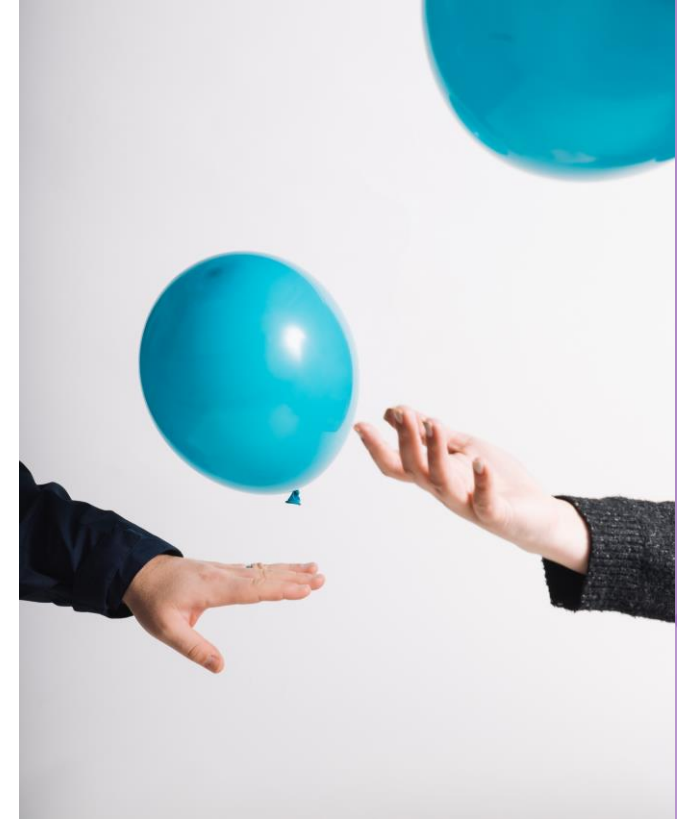
As soon as one of the balloons hits the floor the timer stops!

Make it easier:

- One balloon only.
- Use both hands.

Make it harder:

- Use 3 balloons.
- Use one hand only.
- Use different body parts to keep the balloons up.
- Can't move your feet.



Skittles Down

Objective: To test your aiming skills.

Set the skittles up as in the picture (use 10 if possible).

Taking it in turns with your partner you will attempt to knock down as many skittles as possible.

You will each get 3 balls to knock down the pins and remember your score.



Make it easier:

- Use a larger ball.
- Reduce the distance between you and the pins.
- Increase the amount of attempts.

Make it harder:

- Lower the amount of attempts
- Use your non dominant hand.
- Increase the distance between you and the pins.



Jack in the Box

Objective: To test your jumping and stamina.

Using a flat marker or skipping rope (laid out flat on the floor) ask your partner to count how many jumps you can do over the line. You'll have a time limit, so you need to be fast!

You can jump side to side or forwards and backwards.

Make it easier:

- Increase the time limit given to jump over the line.

Make it harder:

- Reduce the time limit given to jump over the line.
- If your foot touches the line at any point you must restart from zero.



Keep it on the Green

Objective: To test your aiming skills.

Take 3 steps back from the target area on the floor (Use a hoop if needed) Using the 3 balls provided you must roll them into the target area without them rolling off.

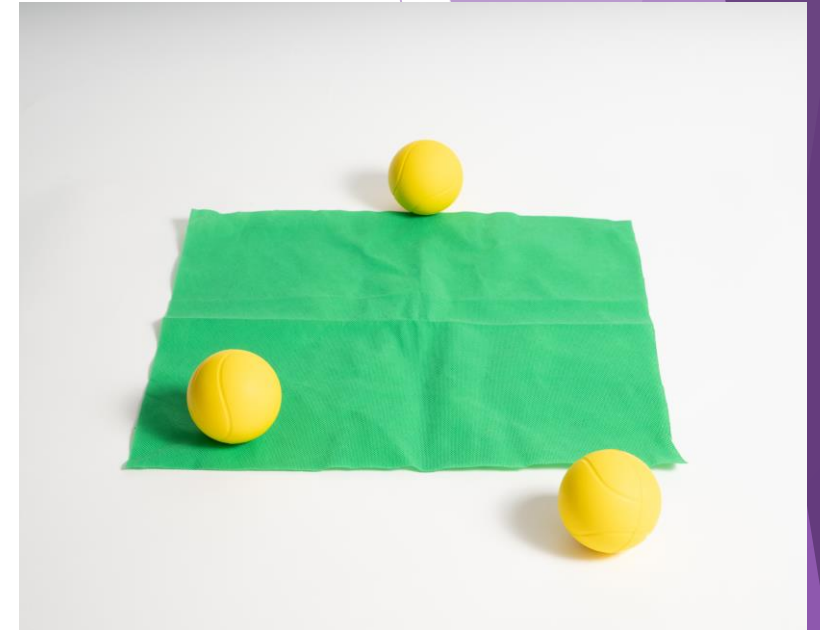
Think about how much power you need to give to keep the balls in the target area.

Make it easier:

- Reduce the distance between you and the target area.
- Use a bigger target area / bigger hoop etc...

Make it harder:

- Increase the distance between you and the target area.
- Use a smaller target area
- Use your weak hand to roll the ball.



Rock, Paper, Scissors

Objective: To have fun!

In your pairs you're going to play a simple game of rock, paper, scissors.

You'll need to keep count of who wins each game and then see who has won the most.

Remember...

- Scissors beat paper...
- Paper beats rock...
- Rock beats scissors...



Counting against the clock

Objective: To test your mental maths.

You will have 1 minute to answer as many correct answers as you can.

Your partner will hold up various amounts of fingers on each hand and you must add the fingers and shout out the correct answer.

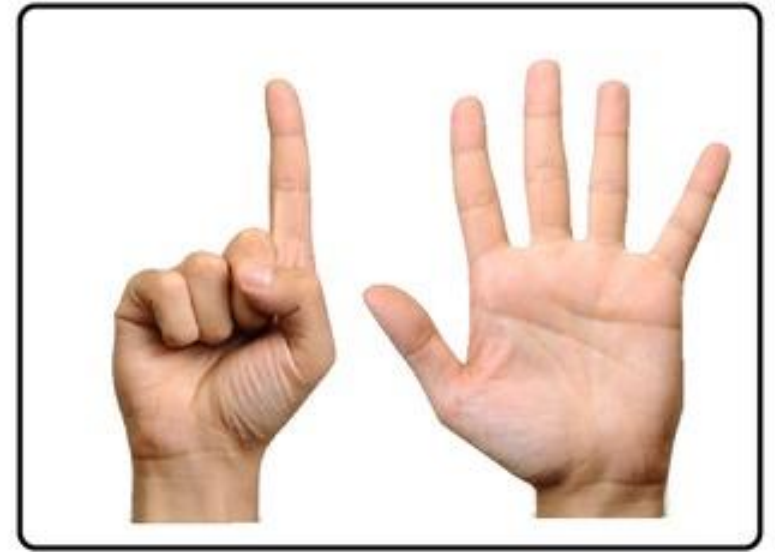
If the answer is correct you will win the point. At the end of the time count how many points you have won.

Make it easier:

- Start with less fingers
- Increase the time given.

Make it harder:

- Use more fingers
- Reduce the time given.
- Use another child to increase the amount of fingers



Blind Cones

Objective: To test your memory.

Your partner will place cones out randomly in a space in front of you.

You will then be blindfolded and will have to move from the start to the finish without stepping on any cones.

If you step on any of the cones, you'll have to start again!

Can you remember where the cones were?!?

Make it easier:

- Use fewer cones.
- Increase the time spent looking at the cones.
- Reduce the distance from start to finish.

Make it harder:

- Use more cones.
- Reduce the time looking at the cones.
- Increase the distance from start to finish.



Flying Scarfs

Objective: To test your reaction skills.

For this challenge your partner will throw coloured scarfs into the air for you to catch before they hit the ground.

See how many you can catch in the time limit set by the teacher and then rotate with your partner.

Make it easier:

- Use less scarfs.
- Increase height of the throw.

Make it harder:

- Increase amount of scarfs.
- Shout out a colour of scarf for your partner to catch.



Jenga Raise

Objective: To test your body control.

Lay down on your back and ask your partner to balance a Jenga block on the palm of both your hands.

You must then finish the challenge by standing up with the Jenga block still on the palm of each hand.

If the blocks fall off then restart the challenge.

Make it easier:

- Keep one hand free of blocks.
- Start on your knees instead of lying down.

Make it harder:

- Stack 2 or 3 blocks on each hand.
- Set an obstacle to step over once you're standing up.



Counter Pick Up

Objective: To test your speed.

Your partner will spread out a handful of counters on the floor, in a small space.

Your challenge is to pick up as many counters as you can within **30 seconds**.

Count how many counters you've picked up and compare your total with your partner.

Make it easier:

- Increase the time limit to pick up the counters.
- Choose a colour which is worth double points

Make it harder:

- Reduce the time limit to pick up the counters.
- Use one hand only.
- Choose a colour which acts as -1



Snap

Objective: To test your reaction speeds when you spot a pair. (You will need a pack of cards)

With an equal number of cards, take it in turns with your partner to place them onto a flat surface and when you spot a pair shout "SNAP" and win the cards in the centre.

The person with the most cards at the end of the time limit wins the challenge!

Make it easier:

- Allow 3 seconds delay before placing the next card down.

Make it harder:

- Play in silence.



Skipping for Glory

Objective: To test your skipping skills.

Using a skipping rope in a safe area, ask your partner to count how many times you “skip” in time limit set by the teacher.

See how many skips you can do.

Make it easier:

- Increase the time limit.

Make it harder:

- Reduce the time limit.
- Count your own score out loud as you skip.



Hopscotch

Objective: To test your balancing skills.

Using hoops on the floor you will have to hop from the start to the end hoop as fast as possible without falling out of the hoops provided.

How fast can you complete the line of hoops?

Make it easier:

- Reduce space between the hoops
- More time to complete the hoops

Make it harder:

- More space between the hoops
- Reduce the time limit.

