



Pimperne Primary Skills Challenges



Balance			Co-ordination			Agility			Jumping			Running		
Week 1	Week 2	Week 3	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3

1. BALANCE

- Balance for as long as you can on 1 leg with eyes closed
 - 1-10 sec = 5 points
 - 11-20 sec = 10 points
 - 21-30 sec = 15 points

2. CO-ORDINATION

- Bounce a tennis ball on the floor and catch it with 2 hands. How many times can you catch the ball in 30 seconds

3. AGILITY

- Run around the cones/markers. How many can you do in 30 seconds

4. JUMPING 'Speed Bounce' – How many times can you jump over the line in 30 seconds.

5. RUNNING

- Run between two lines 5m apart. How many can you do in 30 seconds