



Southend schools weekly challenges



Fielding Monday

Mark out 5 targets (eg box, bucket, bin) in different areas of your space- make some easier and some harder. See how many goes it takes to hit all 5 targets using a ball or rolled up socks. Experiment with underarm and overarm throws. If you beat your previous score, move back a step to increase the challenge.

Hoopla Tuesday

Create a hoop with either tin foil or paper, the size of the hop doesn't matter as long as you shape it into a hoop. Find a chair and turn it upside down so the chair legs are standing up. Now you have a target for your hoops to land through. Using a frisbee action try to get the hoop to land on a chair leg. Increase the distance away from the hoop.

Floor climb Wednesday

Using a range of socks and gloves to create markers on the floor. Space them out along the floor to create your own floor climbing wall. The aim is to move using just your hands and feet on all fours from one end to the other end using just your markers. Spread the markers further away, can you still climb to the end?

Thursday plank challenge

See if you can keep up with the Cha Cha slide plank challenge:
www.youtube.com/watch?v=x_YFkVSp34s
Can you learn it and teach it to a member of your family or film yourself to show to your class at school?

Friday wall workout

Using a ball you will need to find a wall.
-Throw or hit your ball so it makes contact with the wall.
-How many times can you hit the wall without your ball touching the floor.
-Using chalk or paper with Sellotape place targets on the wall to aim for.
-Each target could represent a point. How many points in 2 minutes?



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