

WR SPORTS PE LARGE BALL SKILLS CHALLENGE

You can use a piece of paper or foil as a ball, or better yet, a Tennis Ball!

	Mon	Tues	Wed	Thur	Fri
Ball Balance					
Dribbling Game					
Target Practice					
Ball Balance 2					
One Touch					
Ball Roll					
Move the Ball					
Off the Wall					
Colour Catch					

1. **Ball Balance** – Using a ball try to balance it on the palm of your hand and move around the house. To make it harder try balancing it on the back of your hand.
2. **Dribbling Game** – Set up random objects you can find around your house and place them randomly in a room. Aim of the

game is to try and dribble the ball from one side of the room to the other without touching any of the objects on the floor.

3. **Target Practice** – Set up two objects making a gate (like a mini goal) then take 8 big steps away from it. Aim of the game is to try and kick the ball through the gate as many times as you can in 1 minute! (to make it harder make the gap smaller)
4. **Ball Balance 2** – This time instead of balancing the ball on your hand, you have to try and balance it on the back of your neck! Same rules apply from before!
5. **One Touch** – Get a ball and find a wall. Aim of the game is to try and do as many one touch passes with the wall as possible! Count how many you do and put it in the table above!
6. **Ball Roll** – Start on one side of the room and only using the bottom part of your foot you must get the ball across the room in the quickest time possible!
7. **Move the Ball** – You are **NOT** allowed to use your hands or your feet for this one. You must get the ball from one room to the other. Remember no hands or feet allowed!
8. **Off the Wall** – Stand 5 big steps away from the wall and the aim of the game is to drop kick the ball against the wall and catch it again. See how many catches you can get in 1 minute!
9. **Colour Catch** – Start in the middle of your house with a ball and get someone to say a colour. The aim is to go and touch something in your house that is that colour. However, before you can go you must throw the ball up and catch it 5 times. For Example: if they say green I could go and touch the grass in the garden.

