

Primary or secondary challenge card

The aim of this skill is to roll, chest pass or kick a ball at some plastic bottles to knock them over.

With a family member standing behind the bottles, they should clap 3 times so the location of the bottles can be identified. Try the activity blindfolded to make it extra challenging.

STEP

Ideas on how to adapt the activity in a national lockdown.

S



Space

- Try the activity indoors or outdoors

T



Task

- Chest pass, kick or underarm roll the ball towards some empty plastic bottles
- Stand further away if it's too easy

T



Time

- Allow 5 minutes to set up and practice
- Play for as long as you like

E



Equipment

- A round ball of any variation, or some socks in a ball if you do not have one
- Plastic bottles, skittles or anything else that will topple over
- Add more bottles to make a bigger target, or remove bottles if that's too easy

P



People

- Ask a family member to stand behind the bottles and clap 3 times
- Challenge your family members to have a go blindfolded

In action

