



The FUNS for everyone programme.

Challenge 8

Coordination with equipment, is this week's challenge.

Please only complete this challenge with people from the same household.

FUNS for everyone is a programme contains 12 challenges. The programme consists of a variety of colour coded cards, each structured around a staged series of challenges that introduce, build and develop the core fundamental movement skills- balance, coordination and agility. First funs is specifically for early years and key stage 1 and therefore covers the first 3 colours in the programme – yellow, green and red.

We would like you to use the cards as home challenges.

Start with the Yellow card once you have completed the yellow card you can progress onto green and then red.

Remember everyone is different and some people will find these challenges easy and some will find them hard, don't give up, keeping practicing and you will get it. Remember practice makes perfect!

Why not try and get all of your family taking part, but most importantly have fun!

If you've missed out on any of our previous challenges please email Joanne.delve@bridgend.gov.uk

Real PE at home – online learning resources

Real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity.

For children in Key Stage 2 there are carefully selected personal best challenges, skills and games designed for the home and garden. Daily and weekly guidance is provided for both programmes in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months. Here are the details to access **real PE** at home:

<https://home.jasmineactive.com/enquire>

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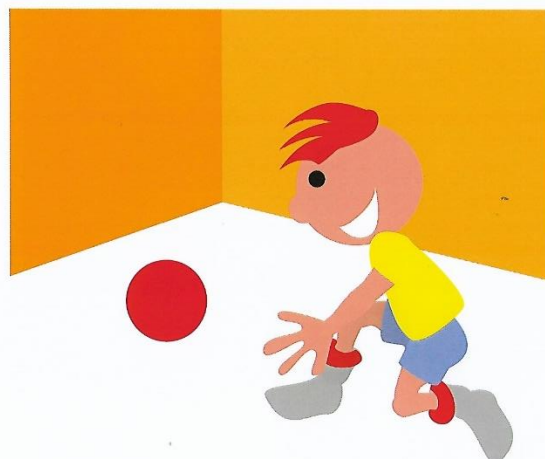
Coordination with Equipment

Yellow challenges

With both right and left hand and standing between 3 and 5 metres away:

1. I can roll a large ball against a wall or to a partner and collect the rebound effectively.
2. I can roll a small ball against a wall or to a partner and collect the rebound effectively.
3. I can throw a large ball against a wall or to a partner and catch the rebound with 2 hands.

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(Roll a large ball and collect rebound)

Equipment: size 4 or 5 ball, small ball

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Coordination with Equipment

LEARNING POINTS

- Extend your front leg when rolling to help balance and aim.
- Use backswing and follow through when sending.
- Get in line with the ball when receiving.

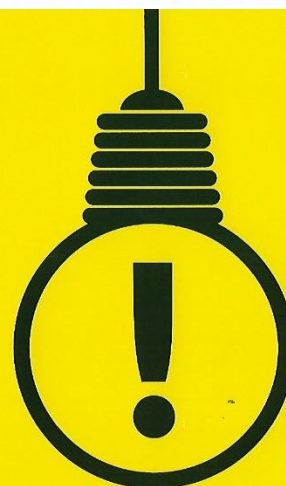
SUCCESS =

- Accuracy and weight when sending
- Getting in a good position to receive
- Collecting the ball safely

REVIEW QUESTIONS

- Why does extending your front leg and bending your knees help with balance and accuracy?
- Why is it harder with a smaller ball?
- What can you do to make sure you get in line when receiving?

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Coordination with Equipment

Green challenges

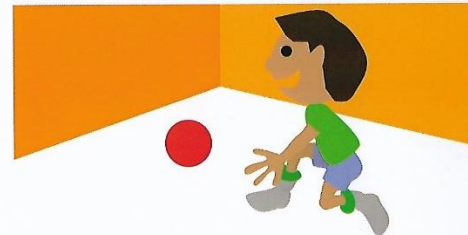
With both right and left hand and standing between 3 and 5 metres away:

1. I can throw a tennis ball against a wall or to a partner and catch it with the same hand after 1 bounce.
2. I can throw a tennis ball against a wall or to a partner and catch it with the same hand without a bounce.
3. I can throw a tennis ball against a wall or to a partner and catch it with the other hand after 1 bounce.
4. I can throw a tennis ball against a wall or to a partner and catch it with the other hand without a bounce.
5. I can strike a large, soft ball along the ground with my hand against a wall or to a partner 5 times in a rally.

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(Throw a tennis ball and catch rebound)



(Strike a large ball along the ground)

Equipment: size 4 or 5 ball, tennis ball, large soft ball

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Coordination with Equipment

LEARNING POINTS

- Keep your eyes focused on the ball throughout.
- Move your feet to get in line with the ball when receiving.
- Try to have 'soft hands' when catching.

SUCCESS =

- Accuracy and weight when sending
- Getting in good position to receive
- Collecting the ball safely

REVIEW QUESTIONS

- Why is it important to get in line with the ball when receiving and striking?
- Is it more difficult to throw and catch with the same or opposite hand and why?
- Can you describe the path your arm should take when sending/striking a ball?



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Coordination with Equipment

Red challenges

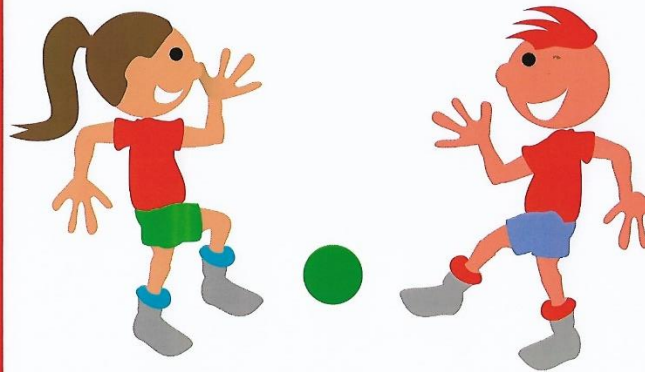
With both right and left hand/feet and at least 5 times in a row:

1. I can strike a ball with alternate hands against a wall, or to a partner, in a rally.
2. I can kick a ball against a wall, or to a partner, with the same foot.
3. I can kick a ball against a wall, or to a partner, with alternate feet.
4. I can alternately roll 2 balls against a wall, or to a partner, using both hands, sending 1 as the other is returning.

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Equipment: large soft balls, tennis balls



(Kick a large ball to a partner)

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Coordination with Equipment

LEARNING POINTS

- Keep your eyes focused on the ball throughout.
- Move your feet to get in line with the ball when receiving.
- Use backswing and follow through when striking/kicking.

SUCCESS =

- Accuracy and weight when sending
- Getting in good position to receive
- Fluency/rhythm throughout

REVIEW QUESTIONS

- Why is getting the right pace important when striking or kicking?
- In what sports is it important to be able to use both sides of your body?
- What can you do to help you move your feet quickly to get in line?



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