



The FUNS for everyone programme.

Challenge 12

Reaction Response, 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>

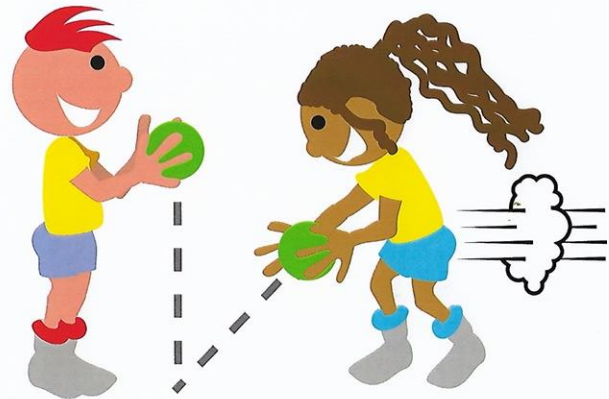
⑫ Agility Reaction/ Response

Yellow challenges

From a distance of 1, 2 and 3 metres:

1. I can catch a large ball dropped from shoulder height after 2 bounces.
2. I can catch a large ball dropped from shoulder height after 1 bounce.

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(Catch a large ball dropped from shoulder height off 1 bounce)

Equipment: size 4 or 5 ball

⑫ Agility Reaction/ Response

LEARNING POINTS

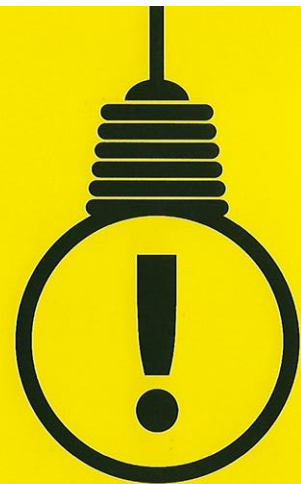
- Start quickly and accelerate by pushing off hard with your feet.
- Keep your head steady and watch the ball all the time.
- Move your feet quickly so you are in a good position to catch.

SUCCESS =

- Reacting and moving quickly
- Catching the ball
- Slowing down with control after catch

REVIEW QUESTIONS

- What can you focus on to help you respond quickly?
- When should you react and start to move?
- How do you move quickly from a still position?



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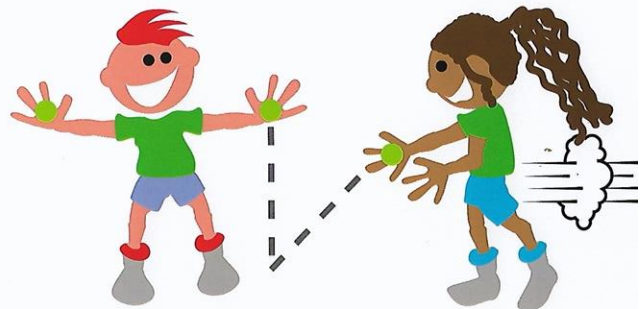
12 Agility Reaction/ Response

Green challenges

From a distance of 1, 2 and 3 metres:

1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce.

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(Catch tennis ball dropped from shoulder height off 1 bounce)

Equipment: 2 tennis balls

12 Agility Reaction/ Response

LEARNING POINTS

- Take up a ready position with your knees bent and your feet apart (front to back).
- Start quickly and accelerate by pushing off hard with your feet.
- Bend your knees to help you slow down.

SUCCESS =

- Reacting and moving quickly
- Catching the ball
- Slowing down with control after catch

REVIEW QUESTIONS

- Why does bending your knees help you slow down and stay balanced?
- What examples are there in sport where you have to react and respond quickly?
- Why is it harder to catch the ball when you have to move to get it?

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12 Agility

Reaction/ Response

Red challenges

From a distance of 1, 2, and 3 metres:
1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on one leg.

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**(Catch tennis ball with balance
on one leg)**

Equipment: 2 tennis balls

12 Agility

Reaction/ Response

LEARNING POINTS

- Take up a ready position with your knees bent and your feet apart (front to back).
- Start quickly and accelerate by pushing off hard with your feet.
- Bend the knee on your 'catching leg' and take your weight back to enable you to stop quickly.

SUCCESS =

- Reacting and moving quickly
- Catching the ball
- Balance and control after catch

REVIEW QUESTIONS

- Why is it important to be able to react and respond quickly in lots of sports?
- What can help you predict where a ball will land when playing sport?
- Why is it important that we are in balance after we slow down when playing sports?

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