

Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

Day 3 Physical Challenge – Throw / Catch

How many times can you throw the ball up and catch it in 60 seconds

Reception: Using a bean bag or balloon throw it up and catch

Key Stage 1 – Using a ball, bounce the ball and catch it

Key Stage 2 (Year 3/4) - throw up / let the ball bounce / catch

Key Stage 2 (Year 3/4) - throw up / clap / catch

The aim of the activity:

- Have a go at the different levels above and then decide which activity level is the right one for you to challenge yourself

Easier: Use a larger ball
Harder: Use a tennis ball

Safety

- Make sure you have plenty of space.
- Make sure you agree your training area with your parent or carer.

Body

- Use a relaxed but stable position
- Movements are smooth
- Tasks are controlled – no panic!
- Ensure the ball is thrown high enough



As you are at home, please see below how you can make your own equipment

Equipment required:



Stop watch



Balloon / Bean bag



Adapting your equipment:

- Stop watch – check a mobile phone to see if it has a stop watch.
- Use a balloon (you can put rice inside the balloon to give it a little weight and sound.
- Make a bean bag by putting some rice in a sock and tying it up.
- You could use a beach ball if you have one

First score

Best Score

Take a photo / video and show us how you are doing via twitter @HarrogateSSP

You can find other activities by visiting: <https://www.harrogatessp.com/physical-activity-2/>

Don't forget to write down your scores on your April recording sheet which can be downloaded from <https://www.harrogatessp.com/home-personal-best-challenge/>