



KS2 Physical Challenge Ideas

1) Rolling Penalties

Rolling Penalties

Home Physical Education

How to play:

- With a partner, set up a goal using two markers.
- Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
- Player 1 rolls the ball towards goal trying to roll the ball past player 2.
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal. The first to score 5 points is the winner.

Can you keep the score and be honest?

Can you concentrate on where to aim?

Top Tips

Rolling & Saving

Saving: Look up, concentrate on the ball, be on your toes.

Rolling: Use an underarm technique and concentrate on where to aim.

Let's Reflect

How did you feel when your roll was stopped?

Were you able to concentrate on the target to score a point?

25

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2) Continuous Battleships

Continuous Battleships

Home Physical Education

How to play:

- With a partner, each player places six targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is taken by the thrower and added to their battleships.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.

Can you play fairly and keep the score?

Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

25

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Focus

Start off 1 m away for the target/ goal – how many points can you score?

Intermediate

Try and use both over arm and under arm techniques to throw. Which is easier?

Mastery

Play the game using your non-dominant hand or with one eye closed.



3.Burpees

60 Second Challenge

Burpees

Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

Achieve Gold
30 burpees

Achieve Silver
20 burpees

Achieve Bronze
10 burpees

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4.Figure of 8

60 Second Challenge

Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold
35 times through your legs

Achieve Silver
25 times through your legs

Achieve Bronze
15 times through your legs

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Focus

Can you achieve bronze?

Intermediate

Can you achieve Silver?

Mastery

Can you achieve Gold?