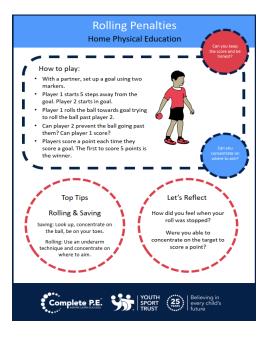


KS2 Physical Challenge Ideas

1) Rolling Penalties



2) Continuous Battleships



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.



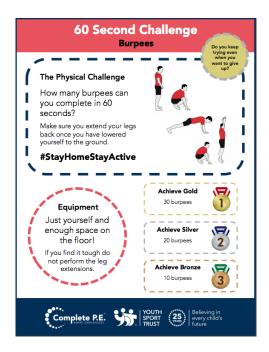




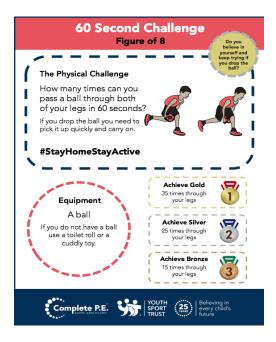


www.staffsandstokeschoolgames.co.uk

3.Burpees



4.Figure of 8



<u>Focus</u> Can you achieve bronze? <u>Intermediate</u> Can you achieve Silver? <u>Mastery</u> Can you achieve Gold?