

KS3 Multi-Skills Challenge

You can submit your entries from Monday 5th April to Friday 16th April 2021

Challenges:

1. How many press ups/squats in a minute?
2. How many 20m Shuttle Runs in 2 minutes?
3. How many Kick Ups can you do in a minute?
4. How Ball Taps with a Bat in 30 seconds?

Important Information:

1. These are solo attempts
2. Watch the videos in the link to show you what to do
3. Try it as many times as you like but submit your best score
4. Video your attempts as we may want to see you
5. Make sure that you have enough space around you when performing the challenge. (If needs be you can find space outside.)

Equipment Needed:

- Activity 1- Exercise mat (optional)
- Activity 2- Cones or similar (see video)
- Activity 3- Football or similar (see video)
- Activity 4- Cricket Bat or similar (see video) and Tennis Ball or similar (see video)
- All Activities need a Timer and a Camera/Phone to video attempts

Why not make it harder?

- Activity 1- Focus on just press ups for 60 seconds
- Activity 2- Increase the distance to run
- Activity 3- Doing kick ups alternating feet
- Activity 4- Alternating Bat sides when tapping the ball

Top Tips:

- Activity 1- Technique on doing the press ups to keep back straight at all times
- Activity 2- Maintain a consistent pace
- Activity 3- Focus on the ball at all times when kicking the ball
- Activity 4- Eyes on the ball at all times when hitting the ball from the bat