

## Primary Challenge Card – Hockey

### Important information

You can do the activity separately or challenge yourself and do it all together!

If you do not have the equipment, check out the 'alternative equipment ideas' for other items you could use.

Ensure you have a clear surface with plenty of space, a smooth surface like a kitchen floor works best!

### Equipment needed

Cones

Ball

Stick

### Technique tips.

### Inclusive! How can you get involved?

Space	Task
This activity can be done indoors or outdoors (you can use as much or as little space you have).	Space the cones out further apart/closer together to make the challenge easy/hard.
Equipment	People
Get creative and look around the house for alternative pieces of equipment.	Why not get the people you live with involved and set a challenge to see who can do it quicker!

### Alternative equipment ideas:

Use a rolled-up pair of socks as a ball or a sweeping brush for the stick!

Use cups, books, clothes as cones in the activity – the more creative the better!

## Keeping young people active

### Reflection

- Did you manage to complete the sequence without stopping?
- Did you struggle linking the sequence together?
- Did you try to improve on the amount of time it took you to do one task for all the challenges put together?

Want to get more competitive?

This could be done by timing yourself and trying to improve (getting faster)

Trying to get more shot on target.

Have you checked our safeguarding advice?

Click or scan here for more information

