









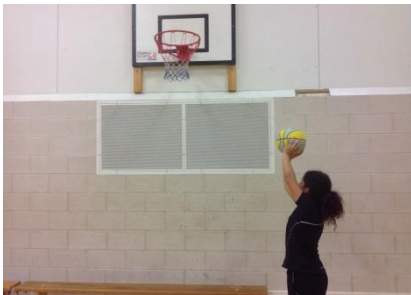


## Personal Challenges/Isolation challenge (Level 0)

In the school games mark criteria this year there is a requirement for silver and gold to have personal challenges for students. Schools need to position “personal challenge” as a key component of their school games provision. With the closure of schools looming and the uncertainty around the Coronavirus this is a great time to task your students to complete physical activity at home in isolation. This is a great way to get them to contribute towards their 60 minutes of physical activity (on average per day) throughout the week.

Try to share your challenges in a blog on your school games web page or tweet!	Examples of Possible Personal Challenges – these are just a few ideas, get creative and invent new ways to challenge yourself. Remember the idea is to try and improve your score with lots of goes over a period of time!			
<p><b>@SGOwest</b> <b>@DorsetGames</b> <b>@YourschoolGames</b> <b>#Isolationchallenge</b> <b>#personalchallenge</b></p>		How long can I hold the plank position? Or set a time limit.		How many speed bounce can I do in 30 seconds? You can use a line instead if you do not have the triangle mat.
<p>Example twitter posts from other areas It's a 7 times up the rope <a href="#">#personalchallenge</a> 4 weeks ago this boy's best effort was 3 times! <a href="#">@YourSchoolGames</a> <a href="#">@ChesterfieldSSP</a></p> 		How many sit ups can I do in 30 seconds? Remember safety in having correct body/hand positioning.		How many keepy ups can I do ? There are some great football video clips of football/ball challenges on you tube.
<p>At netball yesterday incorporating personal challenge (level 0) for resting teams figure 8, 30 sec challenge <a href="#">@YourSchoolGames</a> <a href="#">#thisgirlcan</a></p>		How many times can I bounce the ball up and down on the bat? Make it harder by doing alternate sides or side and edge!		How far can I sprint in 20 seconds ? Change the distance or change to time – how far can I run in 3 minutes?
		How far can I throw a ball? Or how accurate? Into a bin or box? Vary the implement – think of space and safety		How many star jumps can I do in 30 seconds?

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		How many shots can I get in in 1 minute? Or make it easier how many times do I hit the backboard or ring?	#GetCreative  #personalchallenge  #Isolationchallenge	The possibilities are endless – please set those personal challenges and let your SGO know @SGOwest
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Here are some more ideas to get you started!

Personal Challenge Skills	Date	Completed
Bounce a ball with one hand, as many times as possible, whilst on the move – perform with both left and right		
Stand 2 metres from a wall, throw a ball against the wall and try to catch before it touches the floor – both hands x 10 / right hand x 10 / left hand x 10		
Stand in a star shape / get a family member to stand in front of you / they must roll a ball through your legs / turn and collect the ball as quickly as possible		
Keepie uppie challenge using either a racket and a ball or a football – time how long you can keep the ball in the air without dropping it		
Rotate a hoop on your hand / waist / neck / leg / foot – time how long you keep it moving		
Juggling challenge – use either 2 or 3 scarves or 2 or 3 balls – time how long you keep it moving		
Place 6 small objects around you / stand on one leg and reach to pick them up, without falling or putting your foot on the floor		
Using whatever you have at home (tiled floor, chalk, tape, etc) make a hopscotch grid and play		
Using a ball, pass the ball from one hand to another around legs in a figure of eight – x 10 one way then the other		
Create your own game, which raises your heartrate and is fun to play! Teach this to your family		

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