

Week 14 – Monday 18th January

Weekly Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

Week 14 Physical Challenge – Reaction Activity

Reception / Key Stage 1

How many number targets can you touch in 30 seconds using 4 points

Key Stage 2

How many number targets can you touch in 40 seconds using 6 points.

The aim of the activity: This activity will help develop reactions, hand-eye co-ordination, balance and concentration with someone calling numbers out randomly, touch as many targets correctly in either 30 or 40 seconds

Easier: For younger children: Call numbers slower and only have four number targets.

Safety

- Don't do this on a slipper floor
- Make sure there is nothing break able near you.



Body

- Make sure you get down in a nice low balanced position.
- Make sure you can reach each of the numbers with your hands without moving your feet.
- Get someone to call the numbers out randomly.
- Get your caller to speed the number calling up

MAKE SURE YOU ARE ALLOWED TO STICK THE PAPER ON THE WALL

Equipment required:



Stop watch



Paper / Pen



Wall

Adapting your equipment:

- Stop watch – check a mobile phone to see if it has a stop watch.
- With your paper make touch spots, number them 1 to 4 / 6, depending on your age..

Take a photo / video and show us how you are doing via twitter @HarrogateSSP