

FMS Skills Challenge

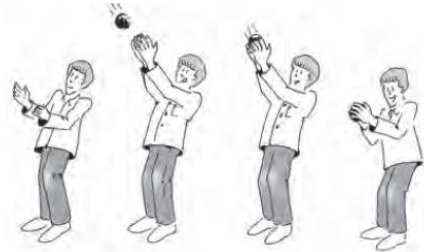
Try the challenges below and tick the I can statements when you achieve them:

Overarm Throw



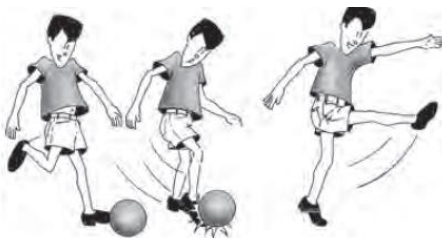
- I can throw to a target 5 steps away
- I can throw to a target 10 steps away
- I can throw to a big target 5 times in a row
- I can throw to a small target on a wall 5 times in a row.
- I can throw to a small target on a wall 10 times in a row
- I can throw to a small target on a wall 20 times in a row

Catch



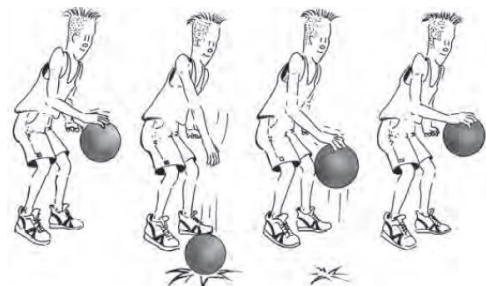
- I can throw a ball up in the air and catch it 5 times
- I can throw a ball at a wall and catch it with 2 hands
- I can throw a ball at a wall and catch it with 1 hand
- I can catch a high ball above my head 20 times in a row
- I can jump and catch a ball in the air 20 times in a row.

Kick



- I can kick a ball into a big goal
- I can kick a ball into a small goal
- I can kick a ball into a small goal 5 times in a row
- I can kick a ball into a goal with a run up
- I can kick a ball around an obstacle into a goal (bend the ball around a defender!) 20 times in a row

Bounce



- I can bounce a ball 10 times in a row with my fingertips
- I can bounce a ball 10 times in a row without looking at the ball
- I can bounce a ball 10 times in a row alternating hands (left-right-left...) for 3 sets of 30 sec
- I can bounce a ball at below knee height to hip height for 3 sets of 30sec.
- I can bounce a ball through my legs for 1min

