

## *PE Challenge Stations*

### *Balloon Tap Station*

You need:

- a balloon (a scrunched-up newspaper ball or tennis will work too),
- a bat (otherwise use your hand)

- I can strike a balloon with my hand 15 times in a row without the balloon hitting the ground*
- I can strike a balloon with my hand 15 times without moving*
- I can strike a balloon with a bat 10 times without the balloon hitting the ground*
- I can strike a ball with a bat 10 times without the ball hitting the ground*

### *Target Station*

You need:

- A ball (could use an option for targets)
- Objects to make targets

- Set up one target and stand 5 steps away – can you underarm roll/throw and hit the target?*
- Set up one target and stand 10 steps away – can you underarm roll/throw and hit the target?*
- Build a target with three or more objects and throw from 5 steps away. Count how many throws it takes to knock them all down*
- Build a target with three or more objects and throw from 10 steps away. Count how many throws it takes to knock them all down*

### *Scarf Catch Station*

You need:

- a scarf (could also use a hand towel or scrunched up newspaper ball. A small soft toy or tennis ball can make these more challenging)

- I can throw a scarf into the air and catch it with one hand*
- I can throw a scarf into the air with one hand and catch it with the other hand*
- I can throw a scarf into the air, clap three times and then catch it*
- I can throw a scarf into the air, spin in a circle and then catch it*

### *Leap, hop, jump Station*

You need:

- 2 markers (cones, boxes, bottles etc) spaced 20 steps apart

- How many leaps (big steps) does it take you to get from one marker to the other?*
- How many hops does it take you to get from one marker to the other on your left leg? Try on your right too!*
- How many jumps does it take you to get from one marker to the other?*