

# ABC CHALLENGE

## WEEK FIVE

---



### Jumping Challenge: Agility and Co-ordination (Reception and KS1)

This activity is going to challenge your agility and coordination skills. Firstly, you need to practise your jumping technique. The 5 types of jumps you need to practise are:

- 2-foot to 2-foot jump
- 2-foot to 1-foot jump
- 1-foot to 2-foot jump
- 1-foot to 1-foot jump (hop)
- 1-foot jump to land on the other foot

Once you have mastered the different jumps, challenge yourself to link the 5 jumps together and create a sequence. The end of one jump must become the beginning of the next, e.g. 2 – 2 and 2 – 1, there are 4 or 5 ways to complete this challenge.

Key points to remember when jumping:

- Swing your arms to generate power
- Bend your knees on take-off and landing

Watch the video example to see how it's done.

**CLICK HERE**



## Dribble Master (KS2)

For this activity you will need a large bouncy ball (such as a basketball, netball or football).

Try to perform all of the following dribbling tasks for 20 seconds each.

- Dribble the ball whilst standing still
- Dribble the ball whilst travelling around the area
- Perform a turn whilst dribbling around the area keeping the ball under control
- Dribble the ball whilst balancing on one leg
- Dribble the ball in a figure of 8 around and through the legs

Key points:

- Use light touches with the fingertips to keep control of the ball
- Keep the ball below waist height
- Keep your eyes focused on the ball

Make it more challenging:

- Complete all tasks in a row without any mistakes
- Use weaker hand only
- Increase time on each task

Watch the video example to see how it's done.

**CLICK HERE**

