

Personal Best Challenge Cards

Guide for Parents/Carers

Challenge 1 – Balancing on one foot

Keep trying – Children might find balancing on one-foot difficult. Encourage them to keep trying even if they find something challenging; this is part of the learning process. Reassure them that we all find things difficult sometimes! To make this challenge easier, your child could hold somebody's hand until they feel more confident.



Challenge 2 – Star jumps

Be proud – Taking pride in your achievements, however big or small, is really important for self-esteem. Once your child has completed this challenge, ask them: How do you feel? If they are not happy with how many star jumps they did, encourage them to have another go. Explain that they should feel proud of the fact that they tried to improve.

Challenge 3 – Hopping

Keep going – Children can find hopping really difficult. Speak about how it is important to persevere even when you find something difficult. They might need to practise this in short bursts throughout the week. If they find it too tricky, practise balancing on one foot as this is the foundation skill before children learn to hop.





Challenge 4 – Standing up/sitting down with no hands

Try out new skills – Being confident to try out new skills and experiences is very important. Children might find this activity challenging. They could use one hand to help them stand up and sit down at first. Or they could step up or down onto their knees. As they gain more confidence, ask them to try and sit down in different ways, maybe with their legs crossed or their legs straight out in front of them. Encourage them to be creative!

Challenge 5 – Leaping

Solve problems – Problem solving is a key skill, and it is good for your child to know that there are sometimes multiple ways that we can solve a problem. In this open-ended task, ask your child to find new ways to travel around the obstacle course. Could they change direction? Maybe they could travel around in a different way – for example, by hopping, skipping, or doing hopscotch. Ask them questions. What could be the easiest way to go around the obstacles? What is the most difficult way?



Challenge 6 – Long jump

Be honest – Honesty is important in sport, and of course in real life too! Children sometimes want to exaggerate how they did in activities because they think this is what grownups are looking for and how their success is measured. Encourage children to be honest with how many jumps they did and to play fairly. Give them credit for showing this quality rather than only praising their physical skills.



Challenge 7 – Collecting objects

Play fairly – Like honesty, playing fairly is so important in sport. For this activity, remind your child to follow the rules of returning the object to you before they go and collect another one. At the end of the game, they could adapt the activity and change some of the rules if they think another way might be more fun! But make sure at the start of each game everyone knows the rules and everyone tries to stick to them.



Challenge 8 – Follow a sequence

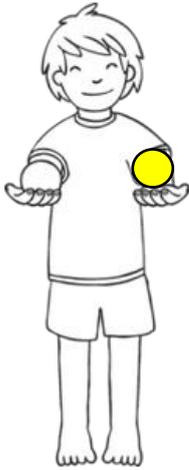
Be creative – Adults sometimes show children exactly how to do things, such as by asking them to copy a picture or sentences. This can be damaging because then they may think their own work is not good enough. Encourage your child to be creative in this activity, by making up their own sequences of actions. These could of course be based on actions they have seen before. Better learning often takes place when children have ownership of an activity.



Challenge 9 – Throwing and catching

Keep trying – Children often find catching a ball tricky. Encourage them to keep having a go – practice makes perfect! To make this challenge easier, you could give your child a larger ball to catch. To begin with, as they are gaining confidence, encourage them to throw the ball with control, rather than as high in the air as they possibly can!





Challenge 10 – Passing the ball from hand to hand

Be positive – Sometimes when we cannot do something, we become demotivated. Encourage your child to think positively, even when things are not going well. Remind them that it is not: ‘I can’t do it’; it is: ‘I can’t do it...YET!’ This is a tricky activity because they need to catch the ball with one hand rather than two, but it can be done with some practice! Make it easier by encouraging them to do small, controlled throws to the other hand. Once they gain confidence, they can move their hands further apart.

Challenge 11 – Crossing an object over your body

Be determined – This activity requires a bit of stamina, which some children might not yet have built up. Encourage them to focus on the quality of their movements – eg. keep their legs as still as possible and squeeze in their tummy. If it is too difficult, remind your child that they can slow down, or reduce the amount of time to 15 seconds and build it up as they gain confidence.

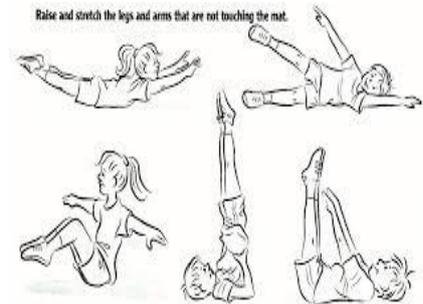


Challenge 12 – Balancing on four points

Be creative – See what your child comes up with for this one! As we mentioned earlier, it is really important that children have opportunities to be creative, and are not always told that there is only one correct way of doing things. Often, they will come up with things you would never expect, which is great! In this exercise, ask them to think about what looks good and also to think about ways to make the activity more difficult and challenging. Maybe they could give their balance a name at the end. Ask them: What does your balance look like? Does it look like an animal or an object? Have fun and get creative!

Challenge 13 – Balancing on one patch

Take pride – Encourage your child to take pride in their work. Try not to always accept their first answer or idea. This will help to challenge them further. Ask: How can you make your balance look better? Or: How can you make it a more interesting/difficult balance?



Challenge 14 – Balancing whilst moving

Keep focused– This activity is great for improving concentration and attention span. Ask your child to explain how they managed to successfully get to the end of the line. How did they need to move their body? Then encourage them to think about ways they can make the activity more challenging. Can they add objects along the line that they can step over? Can they change the speed, direction or the way in which they travel?

Challenge 15 – Travelling around an obstacle course

Be brave – Encourage your child to have a go at activities they have never tried before. You can design your obstacle course together so that children have ownership of the activity. Remind them that the most important thing is that the obstacle course needs to be safe! Afterwards, think of ways to make the obstacle course more exciting, interesting or challenging together. You could also challenge your child to travel along the obstacle course in different ways.





Challenge 16 – Dance and freeze

Be confident – Ask your child to try out some new dance moves! You could give them a few ideas beforehand. Remind them that the most important thing is that they stay safe, so try out moves that are within their ability level and remind them to move with control in their own bubble space. When the music stops, if they find stopping and standing still on the spot easy, ask them to do a balance instead. Maybe they could do one of the balances they tried out in the earlier challenges? 😊