

AGILITY, BALANCE, COORDINATION – ABC



STAYING SAFE

- Remain in bubbles for these activities.
- Wash hands before and after doing activities.
- Where possible, individuals should keep the same equipment throughout the activities.
- All equipment should be cleaned and sanitised before and after the activities.
- Physical contact should be avoided where possible.

In partnership with



HOW TO USE THE ABC ACTIVITY CARDS...

This set of activity cards includes three **ABC Challenges**, excellently designed and created by Hereward College's Level 1 Sport students. These challenges can be used simply for participation or, for the more competitive young people, scores can be submitted via the [SENDactive Partner School Dashboard](#), for a chance to win medals and prizes.

If you would like to get involved with the challenges, and submit scores, please follow these steps...

1. Read the challenge card and watch the challenge video. These can also be shared with young people.
2. Young people then have a go at the challenges. They can have as many attempts as you choose.
3. Keep a record of each participant's / team's scores using the [printable scoresheet](#).
4. When ready, input each participant's / team's best score using the respective form on the [Partner School Dashboard](#).

Scores for the ABC Challenges can be submitted until 5pm on Monday 7th December. Winning individuals / teams and schools will be announced during the week commencing 7th December.

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CHALLENGE 1: TARGET THROW

SET-UP / HOW TO PLAY

- Mark a throwing line using two cones or markers.
- Create a target 2 metres away from the delivery line.
- The target could be a hoop on the floor; a hoop held vertically by another person or attached to a basket; a bucket or basket on the floor; or a target marked with tape on a wall.
- The aim is to throw or roll your object so that it lands in or hits your target.

SCORING

- 5 points are awarded for every successful throw / roll.
- Each person or team will have five throws / rolls – this is one attempt.
- The maximum score per attempt is 25 (i.e. 5 successful throws / rolls).

HOW TO ADAPT THIS ACTIVITY

- Try using a different object. For example, if you are using a ball, perhaps try with a soft javelin next time.
- Change the target from a hoop to a goal or basket.
- Increase or decrease the distance between the throwing line and target.
- Place the target on the floor and use a Kurling ramp or pusher if required.



EQUIPMENT

- soft javelin / ball / beanbags
- target (hoop, basket, wall)
- cones



[CLICK HERE TO CHECK OUT THE TARGET THROW CHALLENGE VIDEO](#)



ROLES FOR LEADERS

- Measuring distances and setting up
- Scorekeeping and completing scoresheet

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CHALLENGE 2: BEANBAG & RACKET

SET-UP / HOW TO PLAY

- Each participant will require one beanbag and one tennis racket.
- Ensure that each participant is in a safe space, far enough away from each other.
- Start with the beanbag in one hand and the tennis racket in the other.
- Throw the beanbag in to the air and try to catch it on the racket.

SCORING

- Time for 30 seconds using a stopwatch.
- Count how many times a participant catches their beanbag on their racket in 30 seconds.
- For a score to count, the beanbag should be thrown above head height.

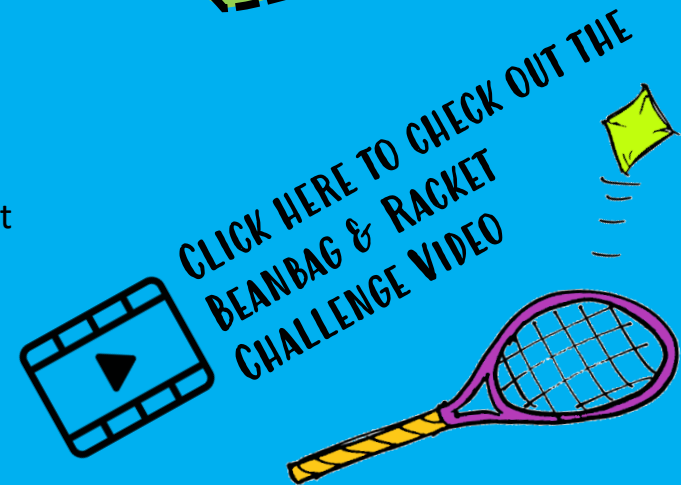
HOW TO ADAPT THIS ACTIVITY

- An assistant can throw the beanbag into the air for a participant to attempt to catch on their racket.
- Throw the beanbag into the air and catch with your hands.
- Make it easier by using a balloon or make it more challenging by using a tennis ball.
- To make the activity even more challenging, try spinning around whilst the beanbag is in the air, before catching it.

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EQUIPMENT

- beanbag
- tennis racket
- cones
- stopwatch



ROLES FOR LEADERS

- Timing 30 seconds with a stopwatch
- Counting catches and completing scoresheet

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CHALLENGE 3: SPEED BOUNCE

SET-UP / HOW TO PLAY

- Set-up your speed bounce mat or place a disc cone on the floor with a soft ball on top to create a small “hurdle”.
- Participants should start with both feet one side of the “hurdle” and attempt to jump over the hurdle from side to side, always facing in the same direction.

SCORING

- Time for 30 seconds using a stopwatch.
- Count how many times a participant passes over the “hurdle” in 30 seconds.

HOW TO ADAPT THIS ACTIVITY

- Make the activity easier by stepping over the “hurdle” rather than jumping.
- Remove the “hurdle” and use tape or throwdown markers instead.
- Increase the height of the “hurdle” by piling disc cones on top of each other.
- Try hopping over the “hurdle” instead of jumping.
- Wheelchair users may choose to self-propel their chair from side to side attempting to pass their chair wheels over two throwdown markers or cones placed 1 metre apart.
- Participants with lower-limb impairments or wheelchair users may choose to alternately tap the top of two traffic cones with a stick or tennis racket.

EQUIPMENT

- speed bounce mat or cones and soft balls
- throwdown markers or tape (optional)
- traffic cones and stick or tennis racket (optional)
- stopwatch

 **CLICK HERE TO CHECK OUT THE
SPEED BOUNCE
CHALLENGE VIDEO**

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ROLES FOR LEADERS

- Timing 30 seconds
- Counting jumps / taps and completing scoresheet