

Fitness

Technical Challenge



The
exceed
Sport Programme

Objective:

To develop resilience, coordination and accuracy

Bronze

Spend 20 minutes
practising any of these
challenges.

Silver

Spend 30 minutes
practising any of these
challenges.

GOLD

Spend 40 minutes
practising any of these
challenges.

Sock Challenge 1: Juggle

How long can you juggle with balls of socks. How many balls of socks can you juggle with? Can you teach yourself?

Sock Challenge 2: Bucket

You will need lots of pairs of socks, a bucket/wash basin/bin (anything you can find). Place the bucket 3m away or 3 large steps if you don't have a measuring tape.

How many socks can you get in the bucket from a standing position out of 15.

How many socks can you get in the bucket from a sitting position out of 15.

How many socks can you get in the bucket when laying on your back out of 15.

How many socks can you get in the bucket when not facing the bucket out of 15.

Sock Challenge 3: Bat and Ball (Sock and Frying Pan)

How many keepy ups can you do with a ball of socks and a frying pan?