

Personal Challenge 2024/25

PASS will continue to run the termly Personal challenge. Attached you will find all the information for each term's personal challenge we will be running this year these include:

- The shuttle runner
- The bounce
- Burpee
- Throw and Catch
- The rebound
- The speed bounce

All Personal challenges are fully inclusive for all pupils with various adaptations listed for each challenge. Some Personal Challenges will have a variety of stages for children to choose how to complete their challenge, we would encourage upper key stage 2 pupils attempt stage 2 or 3 to challenge themselves. Children should use the same stage when competing their challenge to make their results fair and accurate.

PASS personal challenge should be completed at the beginning and end of term and we encourage children to practice this skill at break/lunch times or at home if they wish to. Results should be recorded on the attached document and sent to demi@passltd.org by the date stipulated for each challenge.

PASS collate all of the results received and enter these into a table to establish intra and inter school results, highlighting the most improved and highest attempt within each year group for each school as well as comparing results across all school to find the interschool results. We will be keeping a results table throughout the year to show which schools have achieved interschool results the most often.

Children that have the most improved and highest attempt scores will receive an intra house certificate for that challenge, they will also receive an interhouse certificate if their score is the greatest amongst all schools entered.

Each term PASS members of staff will also be competing in the challenge and updating schools via our social media platforms to announce who achieved the highest score.

We encourage you to use the personal challenge throughout the year, using these as part of your warmups for PE, additional challenges within your lessons or as part of your active 60 agenda encouraging children to practice at break or lunch times.

Any questions please talk to your PASS representative.

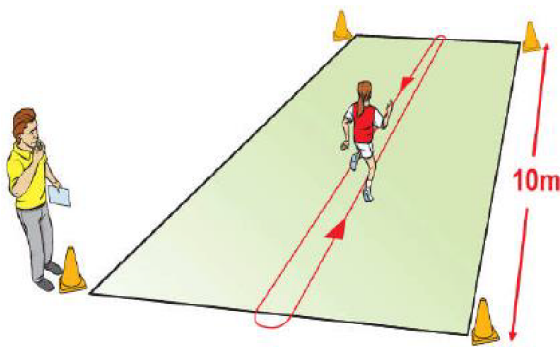
Personal Challenge 1 – The shuttle runner

This is a test of speed, strength, agility and motivation.

This challenge will be differentiated between Key stages by a varied amount of time to perform the challenge in.

- EYFS and Key stage 1 – **20 seconds**
- Key stage 2 – **30 seconds**

Shuttle runs – children will run between 2 sets of cones or lines that are marked out at a 10M distance. Children will earn 1 point every time they run to the opposite line/cones and place 1 foot over the line. If children are halfway through a run when the time ends, they will not score a point for that run.



Rules:

- Children begin from a standing position behind the start line.
- On the whistle they run 10 meters to the set of cones opposite.
- Children must place one foot over the return line before turning and running in the opposite direction.
- Children should work in pairs – one child is running and the other is counting how many runs they complete.

Tips:

- Class teacher to time for those competing.
- Children work in pairs with 1 competing and the other counting.
- Repeat the personal challenge at the end of term and record the results to see if there has been an increase in their score.

Results should be recorded on the attached results document and sent to demi@passltd.org.uk by **Friday 18th October 2024**

Personal Challenge 2 – The Bounce

This is a test of catching, control and hand-eye coordination

This Challenge can be differentiated to be fully inclusive with the use of different sized balls, the challenge can also be completed sitting down for EYFS and KS1 with the ball bouncing in front of pupils legs.

All pupils will complete this challenge for 30 seconds.

The Bounce –

Stage 1 - The drop catch approach – using any size bouncing ball they should drop or push the ball to the ground and catch when it comes up and continue to repeat.

Stage 2 - Aim to bounce the ball as many times as they can. Bounces should be waist height and controlled. If the ball is not bounced to waist height that point does not count. 1 or 2 hands can be used to bounce the ball



Count how many times children bounce the ball.

Rules:

- Starting on the whistle the participant must complete as many drop catches or bounces as possible
- KS2 must bounce the ball at waist height to score a point.
- The time stops on the whistle.

Tips:

- Allow pupils time to practice before the challenge.
- Class teacher to time for those competing.
- Children work in pairs with 1 competing and the other counting.
- Repeat the personal challenge at the end of term and record the results to see if there has been an increase in their score.

Results should be recorded on the attached results document and send to demi@passltd.org.uk by **Friday 13th December 2024.**

Personal Challenge 3 – Burpees

This is a test of rhythm, balance, and coordination in a set time.

This challenge will be differentiated by time for different year groups

- EYFS and KS1 will complete this challenge for **30 seconds**
- KS2 will complete this challenge for **40 seconds**.

Burpees – Pupils aim to complete as many Burpees as they can in either 30 or 40 seconds.

Stage 1 - Pupils should aim to drop down to a press up position, extend their legs back, then jump their legs in (under their chest in front of their hands) and then jump up tall to complete 1 burpee.

Stage 2 - Pupils can complete a walking burpee where they step back 1 foot at a time and 1 foot back in each time and no jump.



Rules:

- Starting on the whistle complete as many Burpees as possible in the time limit.
- Each time they crouch down and jump back up that completes 1 Burpee

Tips:

- Class teacher to time for those completing
- Pupils work in pairs with 1 competing and 1 counting.
- Repeat the personal challenge at the end of term and record the results to see if there had be an increase in score.

Results should be recorded on the attached results document and sent to demi@passltd.org by **Friday 7th February 2025**.

Personal Challenge 4 - Throw and Catch

This is a test of coordination, speed and control

The challenge will be differentiated between year groups.

Stage 1 - complete this challenge using a beanbag or medium sized ball to throw and catch as many times as they can in **30 seconds**

Stage 2 – Complete this challenge using a tennis ball (or similar size) to throw and catch as many times as they can for **30 seconds**.

Throw and catch – Pupils will need to throw their beanbag or ball up to head height and catch again to earn 1 point.

If pupils drop their beanbag/ball they can pick it up and continue with their challenge.



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Count how many times pupils throw and catch their beanbag/ball

Rules:

- Starting on the whistle the participant must complete a throw and catch to themselves
- The object must be thrown to head height
- If the object is dropped partner stops counting and continues to count score from the next throw
- The time stops on the whistle.

Tips:

- Pupils should be encourage to use the nest to chest catching method
- Class teacher to time for those completing
- Pupils work in pairs with 1 competing and 1 counting.
- Repeat the personal challenge at the end of term and record the results to see if there had be an increase in score.
- Results should be recorded on the attached results document and send to demi@passltd.org.uk by **Friday 28th March 2025**.

Personal Challenge 5 – The Rebound

This is a test of rhythm, balance, and coordination in a set time.

This Challenge can be differentiated to be fully inclusive with the use of different equipment – plastic rackets, scoops, beanbags, airflow ball, small soft balls or tennis balls.

All pupils will complete this challenge for 30 seconds.

The Rebound – Using a tennis racket and beanbag or small ball. Pupils will attempt to bounce the beanbag/ball up and down on the racket as many times as they can within the time limit. If the ball falls, they can pick it up and continue counting from when the ball fell.

Pupils can choose which piece of equipment they use for this challenge, ensuring they use the same equipment each time they attempt the challenge. We encourage KS2 pupils to use a tennis ball.



Count how many rebounds are performed in the time limit.

Rules:

- Starting on the whistle complete as many rebound bounces as possible in the time limit.
- Each time their foot touches the object that will count as 1 toe tap.
- Children must alternate their feet with each toe tap, they cannot keep tapping the ball with the same foot.

Tips:

- Allow time for pupils to experiment with different equipment to allow them to choose the most appropriate for them.
- Class teacher to time for those completing
- Pupils work in pairs with 1 competing and 1 counting.
- Repeat the personal challenge at the end of term and record the results to see if there had be an increase in score.

Results should be recorded on the attached results document and sent to demi@passltd.org by **Friday 16th May 2025**.

Personal Challenge 6 – Speed bounce

This is a test of speed, rhythm and coordination.

This challenge can be differentiated to be fully inclusive with the use of 3 different stages for children to choose from on how they will compete in this challenge.

- Stage 1 – children will use a line or rope to jump over, using the 2-2 method, taking off with 2 feet and landing with 2 feet.
- Stage 2 – children will use a cone to jump over, using the 2-2 method, taking off with 2 feet and landing with 2 feet.
- Stage 3 – children will use a speed bounce wedge or low hurdle to jump over, using the 2-2 method, taking off with 2 feet and landing with 2 feet.

All children will compete in this challenge for 30 seconds.

Children will score 1 point for jump completed when their feet land together on the floor over their object.



Rules:

- Starting with the whistle the participant must complete as many jumps as possible.
- Children must jump 2 feet over their object.
- If they land 1 footed that point does not count
- If they land on the line/cones/hurdle that point does not count.
- The time stops on the whistle.

Tips:

- Class teacher to time for those competing.
- Children work in pairs with 1 competing and the other counting.
- Repeat the personal challenge at the end of term and record the results to see if there has been an increase in their score.

Results should be recorded on the attached results document and sent to demi@passltd.org by **Friday 11th July 2025**.