

ROUND 4

This Ball Skills challenge starts on the 15th June and schools have up until 25th June to submit results for the Ball Skills challenges. Here are the activities to complete:

Primary Years - Aiming Challenge

Standing 3m away, throw /roll a ball or similar into a marked area. Start on one leg, then when you score switch to the other leg, then one arm behind your back, then swap to the other arm. Repeat for 60 secs The score is how many times the ball lands in the marked area.

High School - Juggling Challenge

Juggle 3 balls, counting the number of balls that pass through your hands in 30 secs. The score is the number of times a ball passes through your hands

Inclusive - Seated Aiming Challenge

Seated throw or roll a ball into a marked 1m x 1m area from a challenging distance as many times in 60 secs. Your score is how many times the ball lands in the area.

Teachers Challenge!

Throw a tea bag into a cup from 2m away [Send us the film to prove it!]
This will double your school total

Send in your result to your teacher.

Please check out our facebook or twitter pages for instructional videos
We would love to see videos of both children and adults taking part in the challenges.

Tag @stride_active on twitter and @strideactive1 on facebook so we can see!