



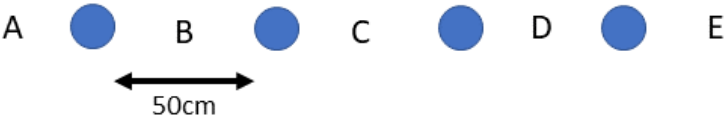
Sport	Team Ice Sports
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Challenge 1 Title	Ice Hockey Shoot-Out
Challenge Description	<p>Grab an item that can be used as an ice-hockey stick, such as an umbrella or broom, and a small, soft ball, or anything that can be used as a puck.</p> <p>Place a target object the size of a tin of beans 2 metres in front of you.</p> <p>How many times can you hit the target object in 60 seconds?</p> <p>You must only use one ball, retrieving it and returning to your starting point each time.</p>
Scoring	How many times can you hit the target object in 60 seconds?
Video Example	https://youtu.be/yXzGJoVtLmE
Suggested Adaptations for Space/Equipment	<p>You can use anything you can find as an ice-hockey stick, and any small object that slides or rolls as your puck.</p> <p>You could even use your hand or foot as a stick.</p>
Adaptation for Inclusivity	This challenge can be completed whilst seated, with a partner returning the puck for you.
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Push the puck with the stick, rather than striking it 2. Keep your eye on the puck as you push it 3. React quickly to retrieve your puck between shots

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Challenge 2 Title	Ice Hockey Switch
Challenge Description	<p>Grab an item that can be used as an ice-hockey stick, such as an umbrella or broom, and a small, soft ball, or anything that can be used as a puck.</p> <p>Standing in a wide stance, push your puck to alternate sides, so that it is taken out beyond your foot each time.</p> <p>How many times can you do this in 30 seconds?</p> <p>Count every time your puck changes direction.</p>
Scoring	<p>How many times can you do this in 30 seconds?</p> <p>Count every time your puck changes direction.</p>
Video Example	https://youtu.be/r0gkeDf3GoE
Suggested Adaptations for Space/Equipment	You can use anything you can find as an ice-hockey stick, and any small object that slides or rolls as your puck.
Adaptation for Inclusivity	This challenge can be completed whilst seated.
Coaching Tips	<ol style="list-style-type: none"> 1. Bend your knees to get low and stay well-balanced 2. Place one hand at the top of the stick, and the other lower down the stick to keep control 3. You can use both sides of the stick in Ice Hockey

Challenge 3 Title	Curling Sweep
Challenge Description	<div style="text-align: center;">  </div> <p>Place 4 markers in a straight line, each around 50cm apart, as per the diagram above.</p> <p>You will need an item to use as a brush, such as a broom or umbrella. Make sure that this is something that will not damage the floor or carpet.</p> <p>Standing side on, and holding your brush with both hands, sweep outside then between each marker in turn and then back again. The sequence will be A-B-C-D-E-D-C-B-A-B-C-D-E-D-C-B-A and so on.</p> <p>Repeat this as many times as you can in 60 seconds, counting each time you return to the start (sweep point A).</p> <p>Your brush must never leave the floor.</p>
Scoring	Repeat this as many times as you can in 60 seconds , counting each time you return to the start (sweep point A).
Video Example	https://youtu.be/G7FHEIJDcbg
Suggested Adaptations for Space/Equipment	You can use any items as a brush, and socks work well as markers.
Adaptation for Inclusivity	This challenge can be completed whilst seated by setting your markers out in an arch in front of you.
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Walk along the line of markers as you sweep, so that you don't have to stretch to reach any 2. Bend your knees to keep yourself stable 3. Lean forwards slightly to help keep control of your brush



Challenge 4 Title	Curling Target Practice
Challenge Description	<p>Place 2 A4 pieces of paper on the floor, ideally on a hard surface and not carpet, 3 metres apart.</p> <p>Standing behind one piece of paper, slide a ball of socks along the floor, trying to land it on the other piece of paper.</p> <p>Run to retrieve your socks and aim back at the other piece of paper.</p> <p>You will score 1 point if you hit the paper target, and 2 points if your socks stay on the paper target.</p> <p>How many points can you score in 60 seconds?</p>
Scoring	<p>How many points can you score in 60 seconds?</p> <p>You will score 1 point if you hit the paper target, and 2 points if your socks stay on the paper target.</p>
Video Example	https://youtu.be/cPSvdpwBb9k
Suggested Adaptations for Space/Equipment	If you don't have a suitable hard surface, then you could use a small ball on the carpet. Make sure that you roll the ball rather than throw it.
Adaptation for Inclusivity	This challenge can be done whilst seated, with a partner recovering the socks for you between shots.
Coaching Tips	<ol style="list-style-type: none"> 1. Keep your eye on the target as you release the socks 2. Follow through with your arm towards the target as you release 3. React quickly to retrieve your socks to get as many attempts in as possible



Scorecard

Name	
School	
Year Group	
Sport	
Challenge 1 Score	
Challenge 2 Score	
Challenge 3 Score	
Challenge 4 Score	

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