

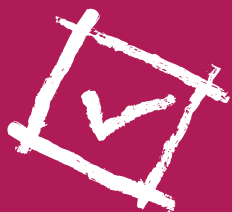


CHALK & EQUIPMENT FREE CHALLENGES

For these challenges you will need chalk
(from this pack) and some household objects.

The activities can be played
on your own or with friends.

The activities range from easy to hard,
and some have challenges you can
do to make them harder.



In association with:



FOLLOW THE LINE

Some things you will need before you start:
Chalk and a stopwatch.

1. Draw a line on the ground with your chalk.
2. Walk along the line.
3. Time how long it takes you.
See if you can beat your time.



Challenge yourself further:

- Run, jump or hop along the line.
- At the start and finish, add in an activity, for example a star jump or bend down and touch the floor.
- Play with a friend and see if you can beat each other.

Remember to keep checking your time. Why not write them down and see if you can beat them next time you play.



GOAL SCORING

Some things you will need before you start:
Chalk and a ball/s.

1. Draw a goal on the wall or fence with your chalk.
2. Take 5 steps away from the goal and mark an 'X' on the ground.
3. Place a ball on the 'X' and see if you can score a goal by kicking or rolling it. Repeat as many times as you like.

Challenge yourself further:

- Mark an 'X', 8 steps away from the goal.
- Make the goal smaller.
- Time 60 seconds and see how many goals you can score.
- Ask a friend to be a goalie.

Remember to keep score. Why not write them down and see if you can beat them next time you play.



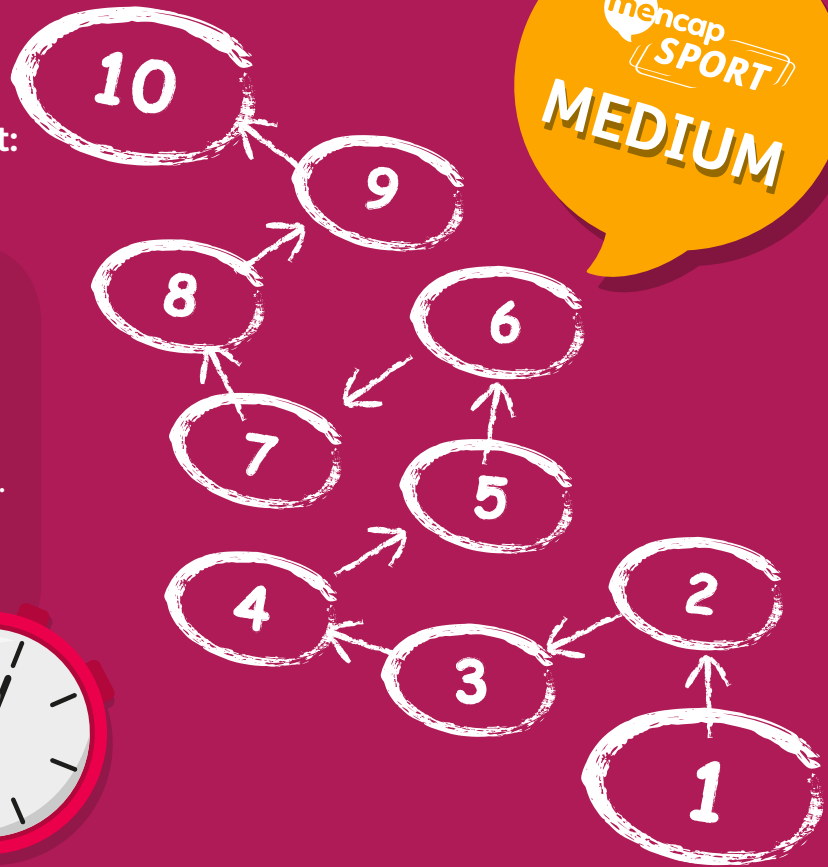
NUMBERS

Some things you will need before you start:
Chalk and a stopwatch.

1. Draw numbers 1 to 10 on the ground with your chalk. Make sure there is space between each number.
2. Starting at number 1, step on number 2, then number 3 all the way to number 10.
3. Time how long it takes you. See if you can beat your time.

Challenge yourself further:

- Jump or hop the numbers.
- Touch the ground with your hand after each step.
- Make the space between the numbers bigger.
- Challenge a friend to see who can do the most 60 seconds.

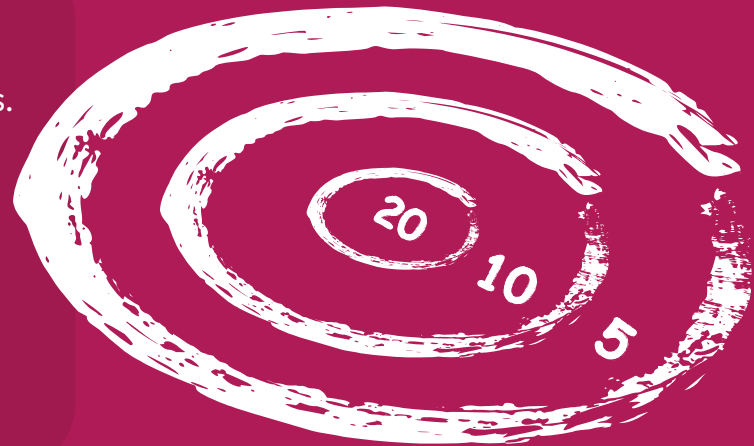


TARGET ZONE

Some things you will need before you start:
Chalk and a ball.



1. Make a target by drawing 3 circles on the ground with your chalk. The biggest circle scores 5 points, medium circle scores 10 points and smallest circle scores 20 points.
2. Take 5 steps away from the target and mark an 'X'.
3. Roll or throw the ball towards the target from the 'X'. See how many points you can score with 6 goes. Keep track of your score using the chalk.



Challenge yourself further:

- Mark an 'X', 8 steps away from the goal.
- Play with a friend and see who scores the most points.



LADDERS

Some things you will need before you start:
Chalk and a stopwatch.

1. Draw a ladder on the ground with your chalk.
2. Jump through the ladder and run back to the beginning.
3. Time how long it takes you to do this 4 times.



Challenge yourself further:

- Hop through the ladder.
- Add in an activity at the finish, like a star jump.
- Make the ladder longer.



ROLLER BALL

Some things you will need before you start:
Chalk and a ball.



1. Draw 9 circles next to each other on the ground with your chalk to form a 3 x 3 grid.
2. Take 5 steps away from your grid and mark an 'X' on the ground.
3. Roll or throw the ball from the 'X' and see if you can get it to land in a circle. Keep going until you have rolled the ball in each circle.



Challenge yourself further:

- Add a target by drawing an 'X' in the circles to hit.
- Add numbers to the circles to make a score when the ball lands. You could have minus points in some circles.
- Play noughts and crosses with a friend and see who can get 3 balls in a row first.



CHALLENGE COURSE

Some things you will need before you start:
Chalk, balls, and a stopwatch.

1. Using all the other activity cards, make a challenge course on the ground using your chalk.
2. Add in new activities if you can think of any.
3. Time how long it takes you to complete the course.

Challenge yourself further:

- Play with a friend and see who completes the course the fastest.

