Summer Camp Challenges
Record Sheet

Causeway Coast & Glens Borough Council

1. Target Practice (Hand-eye Coordination)

Equipment – Ball,
Different size buckets.
Start close to bucket.
Record how many attempts it took to get ball in each bucket.

Want to make it harder?

- Move further away
- One hand/Different hands
- Different types of throw

Put Picture of you doing challenge here

Distance from Bucket	Big Bucket How many Throws	Medium Bucket How many Throws	Small Bucket How many Throws

Summer Camp Challenges
Record Sheet

Causeway Coast & Glens Borough Council

2. Throw & Catch (Hand-Eye coordination/Target/Timing)

Equipment- Ball, wall or person.

Record biggest number of catches before dropping.

Want to make it easy?

- Stand closer
- Use a bigger ball
- 2 hands

Want to make it harder?

- Move further away
- Different size ball
- One hand/Different hand
- 2 balls

Put Picture of you doing challenge here

Distance from Wall/person	----------Ball Number of catches	----------Ball Number of catches	----------Ball Number of catches	----------Ball Number of catches	----------Ball Number of catches

Summer Camp Challenges
Record Sheet

Causeway Coast & Glens Borough Council

3. **Agility run/push (coordination/balance/speed)**
Equipment – 3 cones (tins of beans, chalked markers, other marker)
Place cones 1 meter apart (wider if needed for wheelchair user)
Record your fastest time for running/pushing in and out of all the cones and back to your start.

Want to make it easier?

- Less cones.

Want to make it harder?

- More cones to increase distance
- Hop (if able)
- Run/Push Backwards.
- Dribble a Ball (with feet or hands).

Put Picture of you doing challenge here

Number of Cones	Running/pushing Forward Time	Hopping Time	Running Backward Time	Dribbling Ball Feet Time	Dribbling Ball Hand Time

Summer Camp Challenges
Record Sheet

Causeway Coast & Glens Borough Council

4, **Sprint (Speed)**
Equipment – 2 cones (tins of beans, chalked markers, other marker)
Record How fast you can run/push between cones'
Want to make it easier?
- Walk

Want to make it harder?
- Move cones further apart
- Hop (if able)
- Run/Push Backwards

Put Picture of you doing challenge here

Distance Between Cones	Running/pushing Forward	Hopping	Running/Pushing Backward

Summer Camp Challenges
Record Sheet

Causeway Coast & Glens Borough Council

5. **Wellie Toss (Strength)**
Equipment – Wellie (or similar but not your mothers best boot!)
Measuring tape (you can measure how many steps)
Record how far you can throw the wellie.
Want to make it easier?
- Use lighter object to throw.

Want to make it harder?
- Use heavier object (fill sock with sand or soil, make sure it is an old sock!)

Object Thrown	Distance Thrown

Put Picture of you doing challenge here

Put Picture of your Winning pose after you complete all 5 challenges.

Well Done!