

Beaufort PS 100 Point Challenge!



100

Instructions:

- How many points can you accumulate in Week 9? Remember to submit any challenges with your other school work to be eligible for some Term 3 prizes, drawn when we are back on site

#	Challenges	Points	Points Earned
1	Bounce a small ball 10 times with your left hand then 10 times with your right hand	2	
2	Throw a small ball underarm against a wall (Must do 10 times in a row without dropping the ball)	2	
3	Throw a small ball in the air and catch 15 times in a row without dropping it	2	
4	Throw a small ball in the air and clap 3 times before you catch it	2	
5	Bounce a small ball 10 times with your left hand then 10 times with your right hand	4	
6	Throw a small ball in the air and clap 10 times before you catch it	4	
7	Make your bed and put your toys away (parents, you're welcome ☺)	4	
8	Do star jumps without stopping	4	
9	Do 20 hops on each foot, 40 altogether, without stopping	4	
10	Hold the 'plank' position for 1 minute	4	
11	Keep a larger ball in the air using your feet - 5 touches without the ball hitting the ground	6	
12	Run on the spot, continuously, for a minute	6	
13	Throw and catch a tennis ball, with one hand at a time only. Throw above your head until you can make 10 continuous catches, on each hand, without dropping.	6	
14	Spin a larger ball on your finger for 10 seconds	6	
15	Hold the 'plank' position for 2 minutes	6	
16	Bounce a small ball into a bucket from 10 metres away	6	
17	Jog on the spot with fast feet for 2 minutes without stopping	6	
18	Do 70 star jumps without stopping	7	
19	Jog or run 1km (or 5 minutes) without stopping	9	
20	Juggle 3 balls for 15 seconds without dropping one. Need video proof! For some tips see: https://www.youtube.com/watch?v=x2_j6kMg1co	10	
TOTAL		100	