

PE PARENT WITH Active Fusion

CHALLENGE PACK

WHAT IS INCLUDED IN YOUR PACK?

- A series of challenges relating to different sports.
- The activities focus on developing your skills for specific sports.
- All the activities are suitable for your age, but you can make them harder or easier!
- Each card will tell you how to do the activity and has a video link (QR code) to a coach showing you the activities!
- Each card will include fun facts and quiz questions which might need you to do some research to find out the answers!
- A scoresheet to track your progress throughout the summer.

We would love to hear from you to tell us how you're getting on with PE at home or show us by sending your videos to info@activefusion.org.uk

Active Fusion is part of the Get Doncaster Moving Network of groups and organisations. We're working together, helping people in Doncaster to access opportunities to move more and be active.

TOP TIPS

Try your best at each activity and ask for help if you need some!

Record your scores so you can challenge yourself to improve!

CHALLENGE

Can you challenge another family member to be active with you?

Can you be creative and make our challenges harder?

Can you try each activity more than once and beat your scores?

DON'T FORGET TO REVIEW YOURSELF

Remember to review your lesson like you would at school after you have tried an activity!

Tell a family member the following after each activity:

- What did you do well?
- What did you enjoy?
- Is there anything you could do even better next time?

If you have any ideas how we can improve the activities, or if you have created your own activity please share your ideas with us on social media.

HOW MANY PLAYERS?

All activities can be completed individually but you may need help from a family member to call instructions or to help you set up.

WHAT DO I NEED?

You will need to find a clear space inside or outside. Some challenges may require specific sports equipment such as cricket bats, tennis rackets etc. Our coaches will show you how to adapt to use household items!



SCAN ME



WWW.ACTIVEFUSION.ORG.UK



@AE_ACTIVEFUSION



@ACTIVEFUSION



@ACTIVE_FUSION



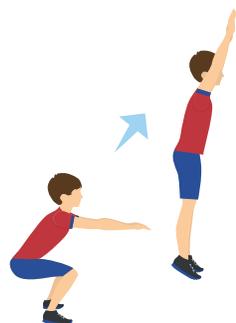
CHALLENGE 1

How many toilet rolls can you jump over?

Using a 2 footed standing jump see how many toilet rolls you can jump over without knocking them down.

Start with 1 and see how far you get!

Remember to land carefully on 2 feet with knees bent and swing your arms to help power you forward.



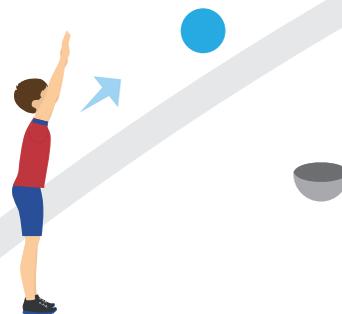
CHALLENGE 2

How many points can you score in 60 seconds?

Make a target using markers, bowls, cushions etc.

See if you can throw a beanbag or pair of socks and land them on/in your target.

If you hit your target or it lands in your target, you get 1 point.



CHALLENGE 3

How many shuttle runs can you complete in 60 seconds?

Find a big space and set up 2 markers.

You could use cereal boxes, cans, pillows.

Start at one marker and run towards your second target. When you get there, turn and run back. Continue for 60 seconds.

Can you move the markers further apart?



FUSION FACT

The five interlocking rings of the Olympic flag represent the "five" continents. America, Asia, Africa, Europe and Australia.

MINI QUIZ Q1

What colours are the Olympic Rings?

FUSION FACT

The first Olympic games were held in Greece in 1896.

MINI QUIZ Q2

What countries make up Team GB?

FUSION FACT

A marathon race is 26.2 miles long. The world record for the fastest time to complete a marathon is 2 hours, 1 minute and 39 seconds.

MINI QUIZ Q3

How many events make up a Decathlon?

Tennis



CHALLENGE 1

How many tap ups in 60 seconds?

Tap the ball up using your racket as many times as you can without letting the ball hit the floor.

Alternate sides to make it harder or allow the ball to bounce in between hits to make it easier.

Don't have a racket? Use a book or pan!



CHALLENGE 2

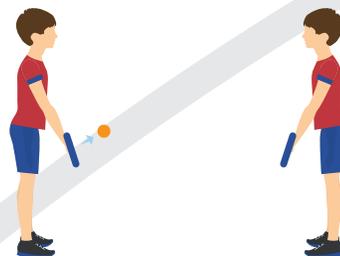
How long can you keep a rally going for?

Rally the ball with a partner or against a wall.

See how many hits you can do before you drop the ball.

Can you use a smaller ball or pair of socks?

Can you balance on one leg?



CHALLENGE 3

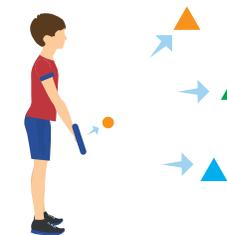
How many targets can you hit?

Find a big space and set up some targets. You could use cereal boxes, cans, pillows.

Aim to hit the targets using your racket to hit the ball at them.

Can you create a scoring system and challenge someone to a game?

Can you use bigger or smaller targets?



FUSION FACT

The fastest recorded serve in a tennis match is 157.2mph!

MINI QUIZ Q1

How many people are playing tennis in a game of doubles?

FUSION FACT

The world record for the longest tennis rally is 51,283 shots without stopping!

MINI QUIZ Q2

What is the name of the Grand Slam tournament held in the UK called?

FUSION FACT

The longest tennis match recorded lasted 11 hours and 5 minutes.

MINI QUIZ Q3

What is the word for when the score is at 40-40 in a match?

Taekwondo



CHALLENGE 1

How many kicks in 60 seconds?

Start with both feet firmly on the floor.

On the go kick your leg out above your waist height.

Alternate feet every time.



CHALLENGE 2

How high can you kick?

Start with both feet on the ground.

Raise your leg up as high as you can.

Repeat on the opposite leg.

See if you can beat your score.



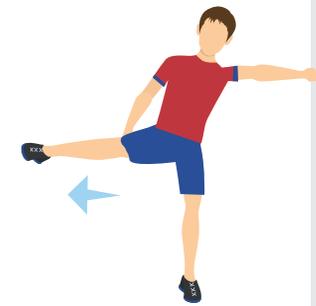
CHALLENGE 3

How many kicks can you do without dropping your leg?

Start with one hand on the wall and both feet on the ground.

Put 1 leg in the air and start to kick.

All kicks must be above your waist height.



FUSION FACT

Active Fusion ambassador Sarah Stevenson is a former world champion.

MINI QUIZ Q1

How many gold medals has Great Britain won in the Olympics for Taekwondo?

FUSION FACT

Taekwondo originated from South Korea.

MINI QUIZ Q2

Which city in England has had both a male and female world champion?

FUSION FACT

Taekwondo means the way of the foot and fist. Tae = foot
Kwon = fist Do = way of

MINI QUIZ Q3

How many athletes have won 2 or more gold medals at the Olympics for Taekwondo?



WWW.ACTIVEFUSION.ORG.UK



Inclusive Sports



CHALLENGE 1

How many “tap ups” can you do in 60 seconds?

Use a balloon or rolled up socks.

Strike the ball with your hands to keep it in the air.

How many strikes of your object can you do in 60 seconds?

If it touches the floor carry on.

To make it harder you must start again at 0 if your object touches the floor!



CHALLENGE 2

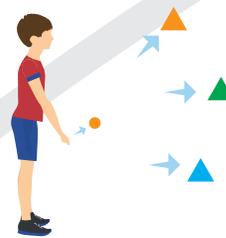
How many objects can you knock down in 60 seconds?

Get 10 household items and line them up in a formation of your choosing.

From a start point throw a pair of socks to try and knock down an object.

1 point for every object knocked over!

Make it harder by using your weaker hand.



CHALLENGE 3

How many points can you score in 60 seconds?

Place 3 pieces of paper on the floor with different numbers on them e.g. 1,2,3

From a starting point slide a beanbag or pair of socks and try and hit or land your beanbag on the targets

Whichever target you hit or land on is how many points you get!

Add your points up as you go



FUSION FACT

The first Paralympic games were held in Rome in 1960!

MINI QUIZ Q1

If you were to get a Gold, Silver or Bronze medal in the Paralympics or Olympics what positions would you have finished in?

FUSION FACT

Athletes with a variety of different issues such as blindness, deafness and disabilities all compete in the Paralympic games!

MINI QUIZ Q2

How many pins are there in a game of bowling?

FUSION FACT

The world record for the 100m by a Paralympian is 10.46 seconds; less than a second slower than Usain Bolt's record of 9.58 seconds!

MINI QUIZ Q3

What colour is the “Jack” ball in Boccia?



WWW.ACTIVEFUSION.ORG.UK



Football



CHALLENGE 1

How many passes can you complete in 60 seconds?

Use both feet to start if you can.

Make it harder by only using your right or left foot.

If you have a partner you can work together.

If not, rebound the ball against the wall.



CHALLENGE 2

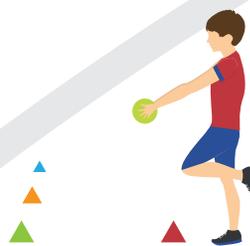
How many times can you hit a target in 60 seconds?

Use right or left foot.

Make it harder by reducing the size of your target or using your weaker foot only.

Also increase the distance away from your target.

If you have a partner, one person could act as a goalkeeper.



CHALLENGE 3

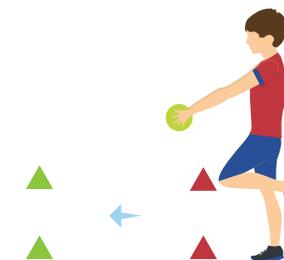
Can you create your own obstacle course?

Include different football skills.

Eg Dribble through cones, Shoot at a target, keepy ups, toe taps.

See how long it takes you to complete your course.

Challenge someone to beat your time!



FUSION FACT

The world's oldest football club is Sheffield FC which was founded in 1857!

MINI QUIZ Q1

Which country has won the FIFA men's World Cup the most times?

FUSION FACT

Neymar JR is the most expensive footballer in the world costing £198 million!

MINI QUIZ Q2

Which English Premiership teams play their home games at the following grounds- Old Trafford, Etihad Stadium, Anfield, Stamford Bridge, St James Park?

FUSION FACT

The most goals scored in a single game by one player is 16!

MINI QUIZ Q3

Which team has won the English Premiership the most times?



WWW.ACTIVEFUSION.ORG.UK



Cricket



CHALLENGE 1

How many catches can you take in 60 seconds?

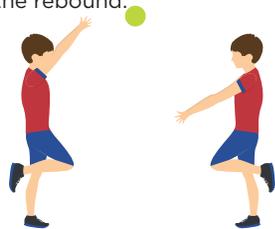
Use both hands to start.

Throw the ball above your head or against a wall.

Make it harder by only using your right or left hand to catch and throw the ball.

If you have a partner you can work together.

If not, throw the ball above your head or against the wall and catch it on the rebound.



CHALLENGE 2

How many times can you hit the ball through a target in 60 seconds?

Use a batting tee or another object to rest a ball on top (eg. a small plastic cup).

Create a target and see if you can hit the ball through it.

Make it harder by reducing the size of your target.

Also add in different sized targets with different point values.



CHALLENGE 3

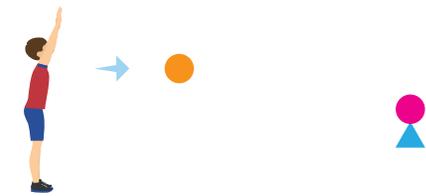
How many times can you hit a target by throwing or bowling?

Set a ball up on top of a cone and have a target to throw at (set of stumps if you have them).

Attack the ball by moving towards it, pick it up with 2 hands.

Then throw the ball and try and hit your target.

Can you throw the ball using a bowling technique?



FUSION FACT

The highest individual score by a batsman in one game is 400 not out by Brian Charles Lara for the West Indies VS England

MINI QUIZ Q1

Which 2 countries compete against each other in the Ashes?

FUSION FACT

England have won the 50 over Cricket World Cup a total of five times: Men's once and women's four times.

MINI QUIZ Q2

How many days are played in a Test Match?

FUSION FACT

The fastest ball ever bowled was recorded at 161.3 kmph/100mph!

MINI QUIZ Q3

What colour ball is used in One day and T20 cricket?

Picture Quiz



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.

Scoresheet

Record your scores using the scoresheet below!

Track your scores throughout the summer and see if you can beat your own scores!

Week 1	Challenge 1	Challenge 2	Challenge 3
Football			
Cricket			
Tennis			
Olympics			
Taekwondo			
Inclusive Sports			

Week 2	Challenge 1	Challenge 2	Challenge 3
Football			
Cricket			
Tennis			
Olympics			
Taekwondo			
Inclusive Sports			

Week 3	Challenge 1	Challenge 2	Challenge 3
Football			
Cricket			
Tennis			
Olympics			
Taekwondo			
Inclusive Sports			

Week 4	Challenge 1	Challenge 2	Challenge 3
Football			
Cricket			
Tennis			
Olympics			
Taekwondo			
Inclusive Sports			

Week 5	Challenge 1	Challenge 2	Challenge 3
Football			
Cricket			
Tennis			
Olympics			
Taekwondo			
Inclusive Sports			

Week 6	Challenge 1	Challenge 2	Challenge 3
Football			
Cricket			
Tennis			
Olympics			
Taekwondo			
Inclusive Sports			



WWW.ACTIVEFUSION.ORG.UK



@AE_ACTIVEFUSION



@ACTIVEFUSION



@ACTIVE_FUSION

Quiz Answers

Picture Quiz

1. Lionel Messi
2. Lucy Bronze
3. Katherine Brunt
4. Marcus Rashford
5. Ben Stokes
6. Andy Murray
7. Serena Williams
8. Anthony Joshua
9. Usain Bolt
10. Katarina Johnson-Thompson

Football Quiz

1. Brazil
2. OLD TRAFFORD - MANCHESTER UNITED
ETIHAD STADIUM - MANCHESTER CITY
ANFIELD - LIVERPOOL
STAMFORD BRIDGE - CHELSEA
ST JAMES PARK - NEWCASTLE UNITED
3. Manchester United

Olympics Quiz

1. BLUE, BLACK, RED, GREEN, YELLOW
2. ENGLAND, SCOTLAND, WALES, NORTHERN IRELAND
3. 10

Inclusive Sports Quiz

1. GOLD-1ST, SILVER-2ND, BRONZE-3RD
2. 10
3. WHITE

Taekwondo Quiz

1. 2 (JADE JONES 2012 AND 2016)
2. DONCASTER (SARAH STEVENSON AND BRADLEY SINDEN)
3. 3 (JADE JONES, HADI SAEI, HWANG KYUNG-SEON)

Tennis Quiz

1. 4
2. WIMBLEDON
3. DEUCE

Cricket Quiz

1. ENGLAND AND AUSTRALIA
2. 5 DAYS
3. WHITE