

Around the clock

- Start with your feet in the hoop & both of your hands on the ground outside the hoop
- Keep your feet in & walk your hands all the way around the outside of the hoop in a big circle

Backspins

Put your arms in the hoop

- Walk all the hoop far in front of you so the backspin or it is still in the hoop
- Walk the hoop without letting it fall over

Backwards walking

Stand with your feet in the hoop

- Walk carefully backwards on your tip-toes along a white line on the ground

Hoop rolls

Stand with your feet in the hoop

- Roll the hoop on the ground

Jump turns

- Stand with the hoop
- Jump to turn with both feet

Spin & jump in

- Stand with the hoop on your feet
- Spin the hoop around you

1 finger balance

- Place your arm out straight. Balance the noodle on your 1 finger
- Walk carefully on it from one end to the other without touching the ground

Balance beam

- Put the noodle on the ground
- Walk carefully on it from one end to the other without touching the ground

End catching

- Throw the noodle in the air
- Catch it at the end of the string

Long jumps

- Put the noodle down on the ground to make a hurdle
- Jump over it

Noodle skips

- Put the noodle on the ground
- Step over it
- Keep stepping over it

Side jumps

- Put the noodle on the ground
- Jump over it
- Keep jumping over it

Bounce through your legs

- Stand with your feet in the hoop
- Bounce the ball through your legs

Bounce under your legs

- Put the ball on the ground
- Bounce the ball under your legs

Clap & catch

- Throw the ball in the air
- Catch it

Foot bouncing

- Put the ball on the ground
- Bounce it on your foot

Jump catching

- Throw the ball in the air
- Jump up to catch it

Off the wall

- Stand on the wall
- Jump off the wall

Backwards lillipads

- Stand with your feet in the hoop
- Walk backwards

Crab turns

- Put your hands on the ground
- Turn around

Criss cross

- Put your hands on the ground
- Turn around

Leap frog

- Put your hands on the ground
- Turn around

Leap frog

- Put your hands on the ground
- Turn around

Ski hops

- Put your hands on the ground
- Turn around

Flip ups

- Put your hands on the ground
- Flip up

Head balancing

- Put the ball on your head
- Walk

Head balancing

- Put the ball on your head
- Walk

Head balancing

- Put the ball on your head
- Walk

Head balancing

- Put the ball on your head
- Walk

Touch the ground

- Put your hands on the ground
- Touch the ground

4-step in & out

- Step in
- Step out
- Step in
- Step out

Frog jumps

- Put your hands on the ground
- Jump

Hip twists

- Put your hands on the ground
- Twist

Run & jump far

- Run
- Jump

Tip-toe balancing

- Put your hands on the ground
- Balance

Wide & narrow

- Jump wide
- Jump narrow
- Repeat

Body part balances

- 2 hands
- Left hand & left foot
- Right hand & right foot
- Opposite hand & foot
- 1 foot
- No hands or feet!

Bounce to catch

- Throw the ball
- Catch it

Hand walk-outs

- Start lying on the ground
- Walk
- Walk back up

Knees to chest

- Get into a push-up position
- Bring the ball to your chest
- Straighten your legs

Sit & catch

- Sit on the ball
- Throw the ball

Wall sit

- Sit against the wall
- Hold the position

42 Individual challenges



Thanks for checking out one of my favourite resources, my 'Individual P.E equipment challenges' tasks cards pack:

42 printable task challenges

You'll be provided with **42** different **individual challenges** for your students to work through. Simply print out the high-quality file cards out (in A5 or A6), gather the equipment needed, and setup. There's **7 types of different equipment** you'll be needing:



- › Around the clock
- › Backspins
- › Backwards walking
- › Hoop rolls
- › Jump turns
- › Spin & jump in



- › 1 finger balance
- › Balance beam
- › End catching
- › Long jumps
- › Noodle skips
- › Side jumps



- › Bounce through legs
- › Bounce under legs
- › Clap & catch
- › Foot bouncing
- › Jump catching
- › Off the wall



- › Backward lillipads
- › Crab turns
- › Criss-crosses
- › Long hops
- › North East South West
- › Ski hops



- › Flick ups
- › Head balancing
- › Knee taps
- › Neck catching
- › Through the legs
- › Touch the ground



- › 4-step in & out
- › Frog jumps
- › Hip twists
- › Run & jump far
- › Tip-toe balancing
- › Wide & narrow



- › Body part balances
- › Bounce to catch
- › Hand walk-outs
- › Knees to chest
- › Sit & catch
- › Wall sit

Online videos

Each task has an **instructional video** that you'll receive exclusive **access** to (via YouTube). You can also watch these with your students and use them for reference on the iPad throughout the lesson for further clarification - So your students will know exactly what they need to be aiming for!



(click here to watch 7 free ideas)



Bonus content

I've also put together larger, printable posters showing the different tasks they can try for each equipment piece - You can put these up around the gym hall, or even outside on the playground, for the students to challenge themselves during recess!

