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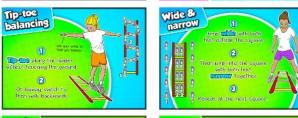


























## Thanks for checking out one of my favourite resources, my 'Individual P.E equipment challenges' tasks cards pack:

# 32 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 finaer 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 -> Through the legs
- > Ski hops

- > Flick ups
- > Head balancing
- > Knee taps
- > Neck catching
- > Touch the ground



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

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)



> 4-step in & out

> Run & jump far

> Wide & narrow

> Tip-toe balancing

> Frog jumps

> Hip twists

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!

