



Challenge Card 8

Equipment



x 9

Sporting Challenge

Set up 9 water bottles or objects similar. Your aim is to try and knock all the bottles over by rolling a ball of your choice in 3 rolls.

Additional Challenge

Try to roll the ball with your other hand.
Make the gap bigger between the bottles.

Teaching points

- Hold the ball in your throwing hand with your opposite foot forward.
- Bend your back leg so it touches the floor

Health Challenge

[Watch the video here](#)

Charity number: 1175899



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your lunch?

Using your favourite water bottle. Can you fill up the water bottle and drink the whole bottle whilst eating