**EQUIPMENT**

- **Volleyball** - or football, netball or large ball equivalent
- **Markers x 2** - or cans, socks, tins, or plastic bottles
- **Chalk x 1** - tape or blu-tack
- **Foil** - if not a cricket stump or cricket bat or tennis racket or wooden spoon or frying pan.
- **Ball x 1** - if not bean bags or sock balls or tin foil balls
- **Stopwatch** - if not a phone or a watch or an iPad.
- **Household Objects x 3** - small balls, socks rolled up

**CHALLENGE 1**

**Volleyball - Ball Mastery**

**CHALLENGE 2**

**Fencing - Footwork & Balance**

**CHALLENGE 3**

**Biathlon - Precision**

Submit your best scores to your teacher.

*Honesty*

Click the buttons for demonstration video for each challenge.