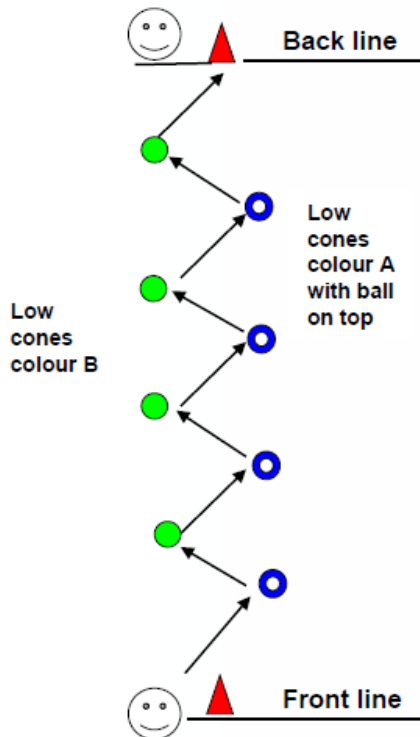


## Islington Personal Challenges

### Week 8: Cone to cone challenge



- You will need 5 balls and 6 cones or markers
- Make a line of cones in a zig zag like shown. Take 3 big steps between each cone.
- Place a marker, cone or object at the top and bottom, like shown, as the start and finish.
- Place a ball, beanbag or other object on the cones on one side.
- Start behind the cone at the bottom and see how quickly you can move the balls one at a time from one side to the other.
- Time yourself to see how quickly you can do it
- This can be adapted to be items placed on the floor using a spot or mark, likewise could be objects placed higher up or hanging

[See here for a video demonstration](#)

This challenge helps to improve; agility by moving at speed and changing direction quickly, co-ordination to move your body from cone to cone and grab each ball and put it down again, and also strength and stability in the joints by changing between low and high body positions.

These types of skills will be important in all sorts of everyday tasks and sports activities including cricket and rounders. The images highlight the key coaching points for this challenge.

- Focus on the target and lean slightly forward to accelerate
- Plant your foot close to the cone and extend the arm on the same side down as you get low to turn
- Focus on grabbing the beanbag
- Push off through the planted foot towards the next cone,
- Switch the beanbag in your hand as you run towards the cone, plant the foot on the same side as the cone down and extend the arm down to place the beanbag
- Push off on your leg again to accelerate to the next cone and repeat

To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)



For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)

## Islington Personal Challenges

### Examples of how you could use or fit the personal challenge into the school day

#### PE Lessons

The beanbag challenge could be included as part of a striking and fielding lesson or unit. The challenge is a fun way of practicing fundamental skills including co-ordination and agility as well as retrieving and collecting balls linked to object control and fielding as part of the curriculum. The activity is suitable for key stage 1 and 2 providing a fun test of skills for all level of pupils. the challenge would be best used as part of a striking and fielding lesson or unit, or sport specific fielding based lesson for cricket, rounders' or other ball sports. For example the activity could used early in a session as a way of introducing basic fielding skills as the balls are in a static position and opportunity for children to practice collecting and replacing balls. The challenge could be adapted further to use different equipment, changing the route or spreading the balls out more for more of a test. This activity could be your starting point in a lesson before progressing into more dynamic fielding and retrieval skills with rolling or bouncing balls. For example rolling a ball forward in front of you, running out, moving around the ball to collect it or linked to striking games, such as scatter ball.

Practically the activity could be best managed by splitting the entire group into smaller groups of 3-5 pupils and giving them a space to setup and attempt the challenge, with those waiting their turn timing and providing feedback.

#### Extra-Curricular: Break and Lunchtimes or clubs

The challenge could be used as part of an extra-curricular club such as cricket or rounders. The activity would be a fun fielding practice and challenge for pupils that could be adapted and progressed as some option are described for PE lessons, though for a sport specific club this may link closer to skills and tasks carried out in that sport. For example introducing the long barrier for cricket or collecting balls to throw into a rounders base or scatter ball to include batting and more game like scenarios.

Additionally the challenge could be used as part of a games club helping pupils to develop agility and co-ordination and progress into races and relays using different progressions or more open activities with different teams and collecting balls from different team spaces and returning to their own area.

During a break or lunchtime, staff or young leaders could be given the items of equipment and space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Zoning the playground will help keep a safe space.

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