

Year 6 Score Card: PE Individual challenges that will help you in your PE lessons

Running

- Bronze: I can run 1 mile without stopping
- Silver: I can run for 12 minutes without stopping
- Gold: I can run 5k without stopping
- Superstar: I can run 5k in less than 25 minutes.

Throwing (1)

- Bronze: Standing 3m away I can throw a football sized ball against a wall and catch it 20 times without dropping it.
- Silver: Standing 3m away I can throw a tennis sized ball against a wall 20 times without dropping it.
- Gold: Standing 5m away I can throw a tennis sized ball against a wall and catch it 20 times without dropping it.
- Superstar: I can throw a ball against a wall from 10m away and catch it 20 times without dropping it.

Throwing (2) – Two-Ball

- Bronze: Using two tennis sized balls I can throw them up one after each other and do this continuously 10 times without dropping either of them.
- Silver: Using two tennis sized balls I can throw them up one after each other and do this continuously 20 times without dropping either of them.
- Gold: Using two tennis sized balls I can throw them up one after each other and do this continuously 30 times without dropping either of them.
- Superstar: Using two tennis sized balls I can throw them up one after each other and do this continuously 30 times without dropping either of them.

Throwing (3)

- Bronze: I can throw a football sized ball above my head and catch it 20 times without dropping it.
- Silver: I can throw a tennis sized ball above my head and catch it 20 times without dropping it.
- Gold: I can throw a tennis sized ball above my head 50 times without dropping it.
- Superstar: I can throw a tennis sized ball as high as I can and catch it 20 times without dropping it.

Striking (1)

- Bronze: I can bounce a ball on a tennis racket 15 times without dropping it.
- Silver: I can bounce a ball on a tennis racket 25 times without dropping it.
- Gold: I can bounce a ball on a tennis racket 50 times without dropping it.
- Superstar: I can bounce a ball on a tennis racket 20 times, turning the racket over between each strike without dropping it.

Striking (2)

- Bronze: I can hit a tennis ball against a wall with a bat continuously 10 times without the ball hitting the ground.
- Silver: I can hit a tennis ball against a wall with a bat continuously 20 times without the ball hitting the ground.
- Gold: I can hit a tennis ball against a wall with a bat continuously 30 times without the ball hitting the ground.
- Superstar: I can hit a tennis ball against a wall with a bat continuously 50 times without the ball hitting the ground.