

Personal Challenges

What Are They?

Our summer term personal challenges are small challenges that are undertaken by the child during lunchtime play. They focus on key skills needed for PE and sports.

Why Are We Doing Them?

We know that a healthy heart means a healthy mind and so we are using these challenges to promote an active lifestyle in our children. We aim to get all children active for 30 minutes each day.

The Impact on the Child

Through these personal challenges we are...

- Teaching children to understand that it is okay to be stuck and need some help. We are encouraging them to understand that through hard work, comes success.
- Teaching children to be excited by a challenge; be intrigued by mistakes; enjoy putting in effort and to keep on learning outside of the classroom.
- Teaching children to assess their own abilities and not compare them to those of others. Each of the personal challenges can be adapted to suit the needs of the child and we are teaching the children to adapt the challenges to suit them.
- Upholding Kingsleigh's values of Astro Aspiration (to aspire to do better than previous attempts), Rizzy Respect (to respect the abilities of others), and Planet Belonging (to celebrate the successes of others).

Our Personal Challenges...

You can download the challenges on our website

Click on About, Curriculum, Physical Education section

1. Speed Bounce
2. Tennis Keepie-Ups
3. Ball Bounce Catch
4. Skipping
5. Ball Reaction

Kingsleigh's Sports Ambassadors will be running these personal challenges on Friday lunchtimes in the MUGA. They will record your scores so that you can come back the next week and try to beat them!

Good luck!