

100 Point Challenge



PRACTICAL ACTIVITY

100

Instructions:

- Accumulate as many points as possible within the set time limit.

#	Challenges	Points	Points Earned
1	Bounce a small ball 10 times with your left hand then 10 times with your right hand	2	
2	Throw a small ball underarm against a wall with your left hand and catch it with your right (Must do 10 times in a row without dropping the ball)	2	
3	Throw a small ball underarm against a wall with your right hand and catch it with your left (Must do 10 times in a row without dropping the ball)	2	
4	Throw a small ball in the air and clap 10 times before you catch it	2	
5	Throw a small ball in the air over your head and catch it behind your back three times without dropping it	4	
6	Do 20 push ups without stopping	4	
7	Do 30 burpees or step-back burpees without stopping	4	
8	Do 40 hip lifts without stopping	4	
9	Do 50 step ups without stopping	4	
10	Hold the 'plank' position for 1 minute	4	
11	Keep a larger ball in the air using your feet - 20 touches without the ball hitting the ground	6	
12	Keep a larger ball in the air using your head - 10 touches without the ball hitting the ground	6	
13	Throw a larger ball over your head and catch it behind your back - 10 times without the ball hitting the ground	6	
14	Spin a larger ball on your finger for 10 seconds	6	
15	Hold the 'plank' position for 2 minutes	6	
16	Bounce a small ball into a bucket from 10 metres away	6	
17	Jog on the spot with fast feet for 2 minutes without stopping	6	
18	Do 70 star jumps without stopping	7	
19	Jog or run 2km (or ten minutes) without stopping	9	
20	Juggle 3 balls for 15 seconds without dropping one. Need video proof! For some tips see: https://www.youtube.com/watch?v=x2_j6kMq1co	10	
TOTAL		100	