



Well-being Wednesday

Sports Challenges

Try to complete at least ONE sports challenge

Football



How many keep-ups can you do in 2 minute?

Rugby



Left foot/
right foot
kick and
catch!!!

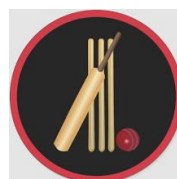
How many in 2 minute?

Netball



How many chest passes against the wall (2m away) can you do in 2 minutes?

Cricket



How many times can you hit the wicket (target on wall) with an underarm bowling action (5m away) in 2 minutes?

Athletics



How many shuttle runs (5m) can you complete in 2 minutes?

Badminton



How many racket shuttle keep ups in 2 minutes?

Hockey



How many ball and stick keep ups can you do in 2 minutes?