



Challenge	Age	Challenge Description	Scoring
Passing	P1-3	<p>Passing square – start with one player at each cone around the square (apart from the first cone which will need 2 players). Players will pass the ball around the outside of the square in a clockwise direction. After you pass the ball, you follow your pass. You have 2 minutes to see how many times you can pass the ball around the square. One point for each time you get back to the start position.</p> <p>Set up – Create a 5x5 metres box using markers.</p> <p>Equipment – 1 ball, 4 cones and 5-8 players</p>	Total score for best team is submitted
	P4-5	<p>Pass around the clock challenge – Ball starts on the top of the clock (12). First player passes to the centre player who receives the pass and plays it to the player on the right of the clock (3). Players follow their pass and take up the new position, the ball must always be passed into the centre point of the clock before being passed to the next station on the outside of the clock face. You have 2 minutes to see how many times you can complete the clock. Each time you complete the clock you will get 1 point.</p> <p>Set up – mark a centre point for your clock and then count out 5 metres for each of the points on a clock (12, 3, 6 &amp; 9).</p> <p>Equipment – 5 cones, 1 ball and 6-8 players</p>	Total score for best team is submitted
	P6-7	<p>Pass and diagonal run – In this challenge players will pass in a straight line but then run diagonally to join a different group after they have played a pass. Every pass counts as 1 point. 2 balls will be going at the same time. You will have 2 minutes to complete as many passes as you possibly can.</p> <p>Set up – Create a 7x7 metres box. Split group into 4 teams with each team standing at a cone. Pick 2 teams to start with a football, at the same end of the box. They will pass the ball to the team opposite and then run diagonally.</p> <p>Equipment – 4 cones, 2 balls and 6 to 12 players</p>	Total score for best team is submitted

<b>Dribbling</b>	P1-3	<p>Diamond Dribble – One player at a time needs to dribble around the outside of the diamond. Once that player completes the diamond, they pass the ball to the next player. In 2 minutes how many times can you complete the diamond. One point for every time each player manages to complete the diamond.</p> <p>Set up – Create a diamond using markers. Markers should be 4 metres from point to point. Players line up at the top of the diamond and wait for their turn.</p> <p>Equipment – 4 cones, 1 ball and 4 to 8 players</p>	Total score for best team is submitted
	P4-5	<p>Relay Dribble – The first player will dribble the ball to the first cone and leave the ball. They will then run back and tag the next player to go. They will then take the ball and dribble it to the second cone. This will continue until the ball is at the last cone. When the ball is at the last cone the player will run up and bring the ball back to the group by dribbling. You will receive one-point every time you dribble the ball to a new cone. You will have 2 minutes to do as many as you can in that time.</p> <p>Set up – Mark a line of cones all 4 metres apart. Players line up behind the first cone.</p> <p>Equipment – 5 cones, 1 ball and 4 to 6 players</p>	Total score for best team is submitted
	P6-7	<p>Dribble around the clock challenge – Ball starts on the top of the clock (12). First player dribbles to the centre cone and then dribbles to player 2 who is at the cone on the right of the clock (3). The next player will then dribble back into the centre cone and then dribble the ball to player 3 who is standing at 6 o'clock. Continue this until you complete the clock. You have 2 minutes to see how many times you can complete the clock. Each time you complete the clock you will get 1 point.</p> <p>Set up – mark a centre point for your clock and then count out 4 metres for each of the points on a clock (12, 3, 6 &amp; 9).</p> <p>Equipment – 5 cones, 1 ball and 6-8 players</p>	Total score for best team is submitted

<b>Shooting</b>	P1-3	<p>Target Challenge – Mark out a goal using markers or use a 7 a side goal. Goal should be 3.60 metres wide. Then you need to create targets in each corner of the goal. Targets should be one metre in size in the corner of the goal. Every player should have a ball. One at a time, players will shoot into the goal and you will get one point each time you manage to score inside the target area at the corner of the goal. You will have 2 minutes to score as many goals in the target areas as you can. After you shoot you go and collect your own ball and join the back of the queue.</p> <p>Set up – Make a penalty spot 5 metres from the goal. Mark out target zones in the goal with cones.</p> <p>Equipment – 3 cones, enough for a ball each, 10 players max</p>	Total score for best team is submitted
	P4-5	<p>Target Challenge – Mark out a goal using markers or use a 7 a side goal. Goal should be 3.60 metres wide. Then you need to create targets in each corner of the goal. Targets should be one metre in size in the corner of the goal. Every player should have a ball. One at a time, players will shoot into the goal and you will get one point each time you manage to score inside the target area at the corner of the goal. You will have 2 minutes to score as many goals in the target areas as you can. After you shoot you go and collect your own ball and join the back of the queue.</p> <p>Set up – Make a penalty spot 8 metres from the goal. Mark out target zones in the goal with cones.</p> <p>Equipment – 3 cones, enough for a ball each, 10 players max.</p>	Total score for best team is submitted
	P6-7	<p>Target Challenge – Mark out a goal using markers or use a 7 a side goal. Goal should be 3.60 metres wide. Then you need to create targets in each corner of the goal. Targets should be one metre in size in the corner of the goal. Every player should have a ball. One at a time, players will shoot into the goal and you will get one point each time you manage to score inside the target area at the corner of the goal. You will have 2 minutes to score as many goals in the target areas as you can. After you shoot you go and collect your own ball and join the back of the queue.</p> <p>Set up – Make a penalty spot 10 metres from the goal. Mark out target zones in the goal with cones.</p> <p>Equipment – 3 cones, enough for a ball each, 10 players max</p>	Total score for best team is submitted



Event	Age	Challenge Description	
<b>Sprint</b>	<b>P1-3</b>	How fast can you run a distance of 30m?	School should submit the fastest 3 times (for small schools) or 5 fastest times (for medium / large schools) these will be added together to give your school time
	<b>P4-5</b>	How fast can you run a distance of 50m?	AS ABOVE
	<b>P6-7</b>	How fast can you run a distance of 50m?	AS ABOVE
<b>Speed Bounce</b>	<b>P1-3</b>	How many bounces can you get in 20 seconds over a line?	School should submit the best 3 totals (for small schools) or 5 best totals (for medium / large schools) these will be added together to give your school your final score
	<b>P4-5</b>	How many bounces can you get in 25 seconds over a line?	AS ABOVE
	<b>P6-7</b>	How many bounces can you get in 30 seconds over a line?	AS ABOVE
<b>Throwing</b>	<b>P1-3</b>	How far can you throw a bean bag? Measurements should be taken from the furthest point back of where the bean bag landed.	School should submit the best 3 THROWS (for small schools) or 5 best THROWS (for medium / large schools) these will be added together to give your school your final score

	<b>P4-5</b>	How far can you throw a bean bag? Measurements should be taken from the furthest point back of where the bean bag landed.	AS ABOVE
	<b>P6-7</b>	How far can you throw a bean bag? Measurements should be taken from the furthest point back of where the bean bag landed.	AS ABOVE
<b>Team Relay (4 runners)</b>	<b>P1-3</b>	Set up a 30m sprint area. Teams will be made up of 4 pupils with 2 runners positioned at the start and 2 runners positioned at the end. Once one runner has completed the 30m stretch, they then pass on a baton/bean bag to the next runner in their team. The race is completed once the fourth runner has completed their run. Whoever is running must carry the baton/bean bag until they finish their run, at this point they hand it over to the next runner as quickly as they can. The aim is to finish the race in as quick a time as possible.	Schools should submit their one fastest relay time
	<b>P4-5</b>	Set up a 50m sprint area. Teams will be made up of 4 pupils with 2 runners positioned at the start and 2 runners positioned at the end. Once one runner has completed the 50m stretch, they then pass on a baton/bean bag to the next runner in their team. The race is completed once the fourth runner has completed their run. Whoever is running must carry the baton/bean bag until they finish their run, at this point they hand it over to the next runner as quickly as they can. The aim is to finish the race in as quick a time as possible.	Schools should submit their one fastest relay time
	<b>P6-7</b>	Set up a 50m sprint area. Teams will be made up of 4 pupils with 2 runners positioned at the start and 2 runners positioned at the end. Once one runner has completed the 50m stretch, they then pass on a baton/bean bag to the next runner in their team. The race is completed once the fourth runner has completed their run. Whoever is running must carry the baton/bean bag until they finish their run, at this point they hand it over to the next runner as quickly as they can. The aim is to finish the race in as quick a time as possible.	Schools should submit their one fastest relay time



Challenge	Age	Challenge Description	Points
Passing	P1-3	<b>How many times can your class/afterschool club pass the ball around the group in 1 minute?</b> Set up in a 3m x 3m square. Count how many passes are made around the square in 1minute. When you pass you follow your pass and stand in the line at the next spot. At this age the type of pass isn't important and still counts if dropped or off target. Minimum 8 per group	Total score for best team is submitted
	P4-5	<b>How many times can your class/afterschool club pass the ball around the group in 1 minute?</b> Set up in a 4m x 4m square. Count how many passes are made around the square in 1minute. Passes should resemble a chest pass or a bounce pass and for every time the ball is dropped you must take 1 of your final score (30 successful catches, 3 drops, Total score 27),on a bounce pass the ball is only allowed to bounce once, any more and this will count as a drop. Minimum 8 per group	AS ABOVE
	P6-7	As above but total goes back to zero if the pass is dropped or if bounce passes have more than one bounce. Minimum 8 per group	AS ABOVE
Dribbling	P1-3	<b>How many times can you dribble the ball in 1 minute?</b> Children need to bounce the ball 1 handed and see how many dribbles they can complete in 1 minute. This is measured individually.	School should submit the best 3 totals (for small schools) or 5 best totals (for medium / large schools) these will be added together to give your school your final score
	P4-5	<b>How many times can your class/afterschool club dribble the ball between cones in 2 minutes?</b> Set up 4 cones with pupils behind each cone. Set up 4 more cones opposite each cone 10metres away. Relay race style pupils will go one at a time to the top cone and back. Every completed run there and back counts as 1 point. At this age pupils should be bouncing the ball as they run between cones, they should be trying to bounce the ball with only one hand at a time. Minimum of 3 pupils per group	Total score for best team is submitted
	P6-7	<b>How many times can your class/afterschool club dribble the ball between cones in 2 minutes?</b> Set up 4 cones with pupils behind each cone. Set up 4 more cones opposite each cone every 2 metres for 10 metres (6 cones required per line). Relay race style pupils will go one at a time, dribbling in between the cones to the top cone and back through the cones on the way back. Every completed run there and back counts as 1 point. At this age pupil must be bouncing the ball as they run between cone and try to be not double dribbling. Minimum of 3 pupils per group	Total score for best team is submitted

<b>Shooting</b>	P1-3	<b>How many times can pupils throw the basketball onto the hula-hoop on the floor in 2 minutes?</b> Set up 5 shooting spots 3 metres from the centre of the hoop around the hoop, pupils should take it in turns to throw the ball and try to make it land in the hoop. It doesn't have to stay in the hoop, the first bounce just has to land in the hoop. Minimum of 4 per group	Total score for best team is submitted
	P4-5	<b>How many baskets can pupils score in 2 minutes?</b> Set up 5 shooting spots around a lowered basket (height & distance from hoop). 2 metres from front of hoop. Pupils take turns shooting at each spot for 2 minutes and the total number of baskets scored is added up. Minimum of 4 per group	AS ABOVE
	P6-7	Same as for P4-5 but further distance from the hoop 3 metres from front of hoop. Minimum of 4 per group	AS ABOVE



Falkirk schools have a great tradition of competing in Cross Country events and we want to bring this back! We have included 3 separate races as part of the Falkirk Sports League program, we will have individual and team prizes for each race as well as overall individual and team winners for the three races combined.

<b>Age</b>	<b>Date</b>	<b>Competition detail</b>	<b>Points</b>
<b>P5 Girls P5 Boys P6 Girls P6 Boys P7 Girls P7 Boys</b>	Race 1 to be completed by Friday May 14th	1km Cross Country race for Boys and Girls from P5 – P7	Small schools to submit best 3 times for Boys and Girls for each age group Medium / Large schools to submit best 5 times for Boys and Girls for each age group
	Race 2 to be completed by Friday 4 <sup>th</sup> June	1km Cross Country race for Boys and Girls from P5 – P7	AS ABOVE
	Race 3 to be completed by Tuesday 22 <sup>nd</sup> June	1km Cross Country race for Boys and Girls from P5 – P7	AS ABOVE