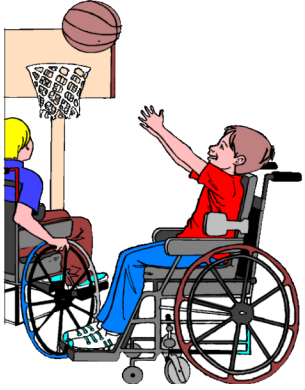


Reinforcing Level 2 Challenge

Letting students create their own challenges is a great way to teach and reinforce the concept of Level 2 Challenge, and it allows the student to collaborate with you and their classmates. Create a variety of stations with a different challenge at each. Students are asked to meet your challenge and then create their own. Students are learning to differentiate.

Before the station activity, review the challenge posters with the class: the description of a challenge, characteristics of a good challenge, and creating challenges. Remind them that good challenges are safe and non-interfering and are added to skills already acquired. They are also expected to think about their form when working on challenges. Thinking about form is vital and should be emphasized. The brain still needs to be working even if the body is doing the learning. Set up stations using the Challenge Cards.

Make sure to leave time at the end of class for students to demonstrate their challenges and discuss how they were developed.



**A Challenge is
not easy.
You must THINK
and WORK HARD.**

**You will get better at something old or
you will try something new.**



Creating Challenges

Change

Distance

Speed

Height

Target

Direction

Side of Body

Equipment



Add

A Trick

Movement

Check Points to Form

Number of Tries

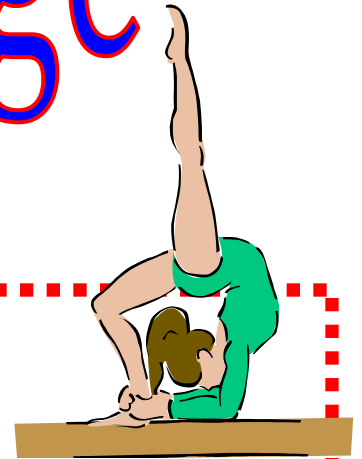
More People

Equipment

Another Skill

**Only create a new challenge if you have mastered
the challenge given by your teacher.**

Characteristics of a Challenge



- It is **SAFE!**
- It **doesn't interfere** in other people's activities.
- It is added to a skill you do **well** or it is a new skill.
- You can meet the challenge **with practice, not luck!**

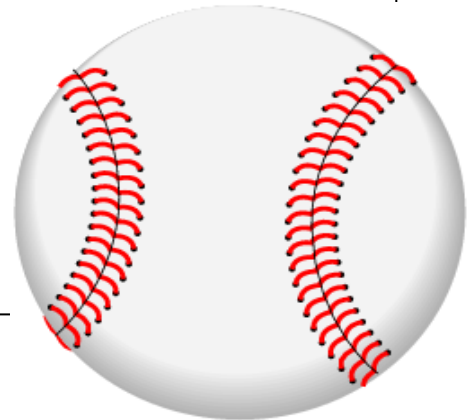
Challenge Card

Using a racket, hit a large fluff ball as high as your head 5 times in a row.



Challenge Card

Using good form, hit the large target with an overhand throw from the spot 3 out of 5 times.



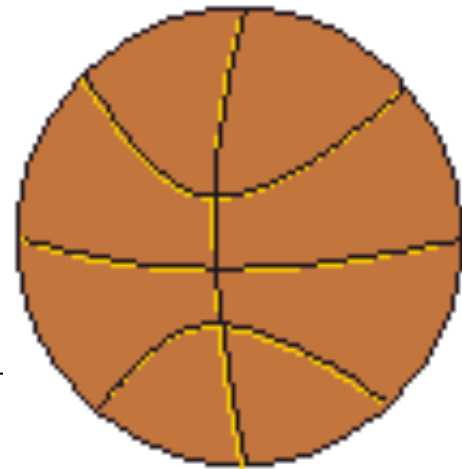
Challenge Card

**Turn the rope
forward and jump 10 times
without missing.**



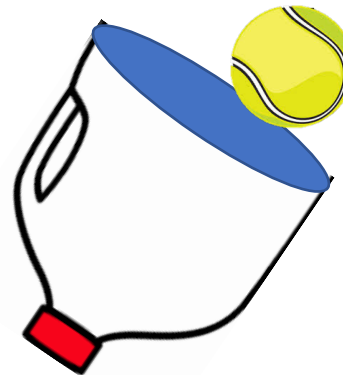
Challenge Card

While jogging, dribble the ball down to the cone and back with your favorite hand.



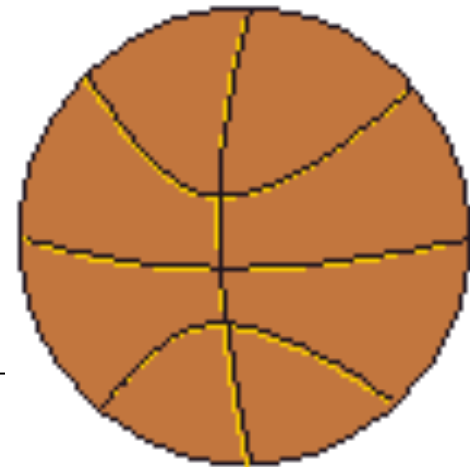
Challenge Card

**Catch a ball in a scoop 5
times in a row.**



Challenge Card

Dribble a ball in your favorite hand 10 times.



Challenge Card

Throw and catch a ball with a partner 5 times with no drops from the spots.

