

I LOVE A CHALLENGE!

“I Love A Challenge!” is a series of short video challenges for kids designed to foster a growth mindset and a love for physical activity. Check out iloveachallenge.ca or youtube.com/iloveachallenge

INSTRUCTIONS: **WATCH** the video and try the challenge. **PAUSE** the video at each level until you have mastered the skill. Put a **CHECKMARK** beside each level you’ve completed. **STAR** (or sticker) the video challenges you have fully mastered OR added another level of difficulty to. Mastering the skills means you can do it at least 5 times. **CREATE** your own “I Love A Challenge!” and share it with your teacher, family & friends, and with us at info@darkhorseathletic.ca. Special thanks to Mrs. Hatch of Bearspaw Christian School for creating this template for her students and letting us use it!

CHALLENGE	Equipment Needed <i>(or something similar)</i>	Level Achieved <i>(checkmark each level achieved)</i>	Mastered <i>(star/sticker)</i>
#1 WALL BALL	Tennis ball, wall	1 2 3	
#2 PLANK	--	1 2 3	
#3 HOOP TRICKS	Hula hoop	1 2 3 4	
#4 BEAR CATCH	Bouncy ball	1 2 3	
#5 TWO BALL	Basketball & tennis ball	1 2 3 4	
#6 SOCCER JUGGLE	Soccer ball	1 2 3 4	
#7 RACKET	Ball, rackets/paddle	1 2 3	
#8 SIDE PLANK	--	1 2 3	
#9 RUGBY	Rugby ball (football)	1 2 3	
#10 CRAB	Tennis ball	1 2 3	
#11 DRIBBLE IT	2 basketballs	1 2 3 4	
#12 SOCCER JUGGLER	Soccer ball	1 2 3 4	
#13 MOUNTAIN PLANK	Ball	1 2 3 4	
#14 SET	Volleyball	1 2 3	
#15 BALANCE CATCH	Tennis ball	1 2 3	
#16 FOOTWORK	Ball	1 2 3 4	
#17 SOCCER TRICK	Soccer ball	1 2 3 4 5	
#18 LUNGE	Ball	1 2 3 4	
#19 SIT & DRIBBLE	Basketball	1 2 3 4	
#20 PAT, RUB, STEP	--	1 2 3 4	
#21 SPIKE IT	Volleyball	1 2 3	
#22 SPINNING FRISBEE	Frisbee	1 2 3 4	

#23 PARTNER PLANK	2 tennis balls, partner	1 2 3 4 5	
#24 BASEBALL	Ball, glove, bat	1 2 3 4	
#25 TRIANGLE TAG	Group of 4, pylon	1 2 3	
#26 THROW IT UP	Ball	1 2 3 4	
#27 WALL SQUAT	Ball	1 2 3 4	
#28 ROLL IT	Soccer ball	1 2 3 4	
#29 HOCKEY	Hockey stick, ball, partner, pylon	1 2 3	
#30 TRIPOD	Bench/obstacle	1 2 3	
#31 BUFFALO LUNGS	Outdoors	What is your furthest distance?	Count your steps!
#32 TRICK CATCHING	Frisbee	1 2 3 4	
#33 FOURSQUARE	Ball	1 2 3 4	
#34 LINE CRAWL	--	1 2 3 4	
#35 FIVE LEVEL CATCH	Ball	1 2 3 4 5	
#36 SKIPPING	Skipping rope	1 2 3 4 5	
#37 RUSSIAN TWIST	Ball	1 2 3 4 5	How many?
#38 HULA HOOPS	2 or more hula hoops	1 2 3 4	
#39 DOUBLE DUTCH	Long skipping ropes, 3 people	1 2 3 4 5	
#40 DOUBLE DRIBBLE	2 basketballs	1 2 3 4 5	
CREATE YOUR OWN CHALLENGE!			