

# GET UP & MOVE IT CHALLENGE

**HOW WELL DO YOU THINK YOU WOULD IMPROVE YOUR PHYSICAL LITERACY IF YOU PRACTICED EVERY WEEK?**

**GOAL:** Improve the basic fundamental movement skills of jumping, kicking, throwing & catching!

**PLAN:** Perform 25 skill activities each day

**DAILY GOAL:** 25 skills per day (5 days per week)

**MONTHLY GOAL:** Practice the movement skill 500x using different challenges!

## JUMPING

MONTH 1



Swing arms back  
Lower body (bend knees)  
On jump take off, extend legs  
Raise arms above head  
Bend knees upon landing

## KICKING

MONTH 2



Take a few steps toward ball  
Approach the ball on an angle  
Plant non kicking foot beside the ball  
Draw hip & knee back  
Strike the ball with inside of kicking foot  
Follow through with kicking foot

## THROWING

MONTH 3



Rotate trunk  
Take throwing arm back  
Step forward with opposite foot  
Rotate trunk to face target  
Arm/hand moves over shoulder  
Body weight moves forward  
Weight will finish on opposite foot

## CATCHING

MONTH 4



Keep eye on the ball at all times  
Reach out toward the ball  
Move hands with ball as it approaches  
Close hands and arms around the ball  
Pull the ball into the chest

## BONUS CHALLENGE

An activity that involves each of the skills together



### BONUS

Set up your own obstacle course using all 4 skills. Record it, and post it to Twitter. Add #hamiltonmoves and be sure to include us! @risingstarsae

TRACK YOUR SKILLS BY CHECKING OFF EACH SKILL BOX IN THE ACTIVITY LOG. ONCE YOU ARE FINISHED, SUBMIT YOUR TRACKING SHEET TO ENTER FOR THE RAFFLE.

### MONTH 1: JUMPING

TOTAL JUMPS COMPLETED  WEEK 1  WEEK 2  WEEK 3  WEEK 4 =  TOTAL JUMPS IN 1 MONTH

### MONTH 2: KICKING

TOTAL KICKS COMPLETED  WEEK 1  WEEK 2  WEEK 3  WEEK 4 =  TOTAL KICKS IN 1 MONTH

### MONTH 3: THROWING

TOTAL THROWS COMPLETED  WEEK 1  WEEK 2  WEEK 3  WEEK 4 =  TOTAL THROWS IN 1 MONTH

### MONTH 4: CATCHING

TOTAL CATCHES COMPLETED  WEEK 1  WEEK 2  WEEK 3  WEEK 4 =  TOTAL CATCHES IN 1 MONTH

## CHALLENGE RUNS for 4 MONTHS!!

ALL COMPLETED TRACKING SHEETS MUST BE SUBMITTED to Rising Stars by **May 1** to be eligible for prizes! Scan the page or take a photo and send it to [admin@riseabovetherest.ca](mailto:admin@riseabovetherest.ca)



Use the hashtag #hamiltonmoves and include us on Twitter (@risingstarsae). Stay connected and include us in your progress!

STUDENT NAME: \_\_\_\_\_

TEACHER NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

# GET UP & MOVE IT CHALLENGE

## MONTH 1

### JUMPING



- WEEK 1** •Using sidewalk chalk or hula hoops, 2 feet jump space to space
- WEEK 2** •Set up a marker and try to jump as far out as you can. Mark your jump and try to beat it.
- WEEK 3** •Place a sticker on a wall and jump to reach it. Challenge yourself by putting it as high as possible
- WEEK 4** •Play a jumping game with friends, family or classmates (*within your bubble*)

## MONTH 2

### KICKING



- WEEK 1** •Kick a ball against an indoor or outdoor wall. (*get permission, be respectful*)
- WEEK 2** •Set up a target on the ground. Attempt to hit the target by kicking the ball.
- WEEK 3** •Set up a goal line. Kick the ball into the goal.
- WEEK 4** •Play a kicking game with friends, family or classmates (*within your bubble*)

## MONTH 3

### THROWING



- WEEK 1** •Throw a ball against a gym or outdoor wall (*get permission, be respectful*)
- WEEK 2** •Set a target on a wall (*using tape or sidewalk chalk*). Throw the ball (or rolled up socks, if indoors) into the target.
- WEEK 3** •Set a target on top of something high, like a chair. Throw a ball (or rolled up socks, if indoors) to hit the target off. (*get permission, always check surroundings*)
- WEEK 4** •Play a throwing & catching game with someone in your class/bubble.

## MONTH 4

### CATCHING



- WEEK 1** •Throw/catch a ball off an outdoor wall. (*get permission, be respectful*)
- WEEK 2** •Throw a ball in the air and catch it (at least 4-5 ft high). Use a small ball for a challenge & time how long it takes to catch 50 in a row.
- WEEK 3** •Throw a ball in the air and clap as many times as you can before catching it. Try to beat your score.
- WEEK 4** •Play a throwing & catching game with someone in your class/bubble.

BE SURE TO FOLLOW ALONG ON OUR



CHANNEL!

## ACTIVITY LOG

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<input type="checkbox"/> 25 2 FEET JUMPS SPACE TO SPACE	<input type="checkbox"/> 25 2 FEET JUMPS SPACE TO SPACE	<input type="checkbox"/> 25 2 FEET JUMPS SPACE TO SPACE	<input type="checkbox"/> 25 2 FEET JUMPS SPACE TO SPACE	<input type="checkbox"/> 25 2 FEET JUMPS SPACE TO SPACE
WEEK 2	<input type="checkbox"/> 25 BEAT YOUR JUMP	<input type="checkbox"/> 25 BEAT YOUR JUMP	<input type="checkbox"/> 25 BEAT YOUR JUMP	<input type="checkbox"/> 25 BEAT YOUR JUMP	<input type="checkbox"/> 25 BEAT YOUR JUMP
WEEK 3	<input type="checkbox"/> 25 HOW HIGH?	<input type="checkbox"/> 25 HOW HIGH?	<input type="checkbox"/> 25 HOW HIGH?	<input type="checkbox"/> 25 HOW HIGH?	<input type="checkbox"/> 25 HOW HIGH?
WEEK 4	<input type="checkbox"/> JUMPING GAME	<input type="checkbox"/> JUMPING GAME	<input type="checkbox"/> JUMPING GAME	<input type="checkbox"/> JUMPING GAME	<input type="checkbox"/> JUMPING GAME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<input type="checkbox"/> 25 WALL BALL KICKS	<input type="checkbox"/> 25 WALL BALL KICKS	<input type="checkbox"/> 25 WALL BALL KICKS	<input type="checkbox"/> 25 WALL BALL KICKS	<input type="checkbox"/> 25 WALL BALL KICKS
WEEK 2	<input type="checkbox"/> 25 TARGET KICKS	<input type="checkbox"/> 25 TARGET KICKS	<input type="checkbox"/> 25 TARGET KICKS	<input type="checkbox"/> 25 TARGET KICKS	<input type="checkbox"/> 25 TARGET KICKS
WEEK 3	<input type="checkbox"/> 25 SHOOT & SCORE	<input type="checkbox"/> 25 SHOOT & SCORE	<input type="checkbox"/> 25 SHOOT & SCORE	<input type="checkbox"/> 25 SHOOT & SCORE	<input type="checkbox"/> 25 SHOOT & SCORE
WEEK 4	<input type="checkbox"/> KICKING GAME	<input type="checkbox"/> KICKING GAME	<input type="checkbox"/> KICKING GAME	<input type="checkbox"/> KICKING GAME	<input type="checkbox"/> KICKING GAME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<input type="checkbox"/> 25 WALL BALL THROWS	<input type="checkbox"/> 25 WALL BALL THROWS	<input type="checkbox"/> 25 WALL BALL THROWS	<input type="checkbox"/> 25 WALL BALL THROWS	<input type="checkbox"/> 25 WALL BALL THROWS
WEEK 2	<input type="checkbox"/> 25 TARGET THROWS	<input type="checkbox"/> 25 TARGET THROWS	<input type="checkbox"/> 25 TARGET THROWS	<input type="checkbox"/> 25 TARGET THROWS	<input type="checkbox"/> 25 TARGET THROWS
WEEK 3	<input type="checkbox"/> 25 TARGET KNOCK OFF	<input type="checkbox"/> 25 TARGET KNOCK OFF	<input type="checkbox"/> 25 TARGET KNOCK OFF	<input type="checkbox"/> 25 TARGET KNOCK OFF	<input type="checkbox"/> 25 TARGET KNOCK OFF
WEEK 4	<input type="checkbox"/> THROWING GAME	<input type="checkbox"/> THROWING GAME	<input type="checkbox"/> THROWING GAME	<input type="checkbox"/> THROWING GAME	<input type="checkbox"/> THROWING GAME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<input type="checkbox"/> 25 WALL BALL CATCH	<input type="checkbox"/> 25 WALL BALL CATCH	<input type="checkbox"/> 25 WALL BALL CATCH	<input type="checkbox"/> 25 WALL BALL CATCH	<input type="checkbox"/> 25 WALL BALL CATCH
WEEK 2	<input type="checkbox"/> 25 TIMED CATCHES	<input type="checkbox"/> 25 TIMED CATCHES	<input type="checkbox"/> 25 TIMED CATCHES	<input type="checkbox"/> 25 TIMED CATCHES	<input type="checkbox"/> 25 TIMED CATCHES
WEEK 3	<input type="checkbox"/> 25 CLAP CATCHES	<input type="checkbox"/> 25 CLAP CATCHES	<input type="checkbox"/> 25 CLAP CATCHES	<input type="checkbox"/> 25 CLAP CATCHES	<input type="checkbox"/> 25 CLAP CATCHES
WEEK 4	<input type="checkbox"/> CATCHING GAME	<input type="checkbox"/> CATCHING GAME	<input type="checkbox"/> CATCHING GAME	<input type="checkbox"/> CATCHING GAME	<input type="checkbox"/> THROWING GAME

MONTH 1  
**JUMPING**

MONTH 2  
**KICKING**

MONTH 3  
**THROWING**

MONTH 4  
**CATCHING**