



Multi Skills Certificate

Name _____



Bean Bag Throw
Score _____



Shuttle Run
Score _____



Standing Long Jump
Score _____



Speed Bounce
Score _____



Bean Bag Shuttle Run
Score _____



Football Dribble
Score _____



Hoop Tricks
Score _____



Wall Catch
Score _____

Total score



VRSSP Multi Skills Challenge

Practice these at home:



Bean bag shuttle run

Place a number of bean bags 5m from the start line. The children have to collect one bean bag at a time. Count up the bean bags and award the score.

Standing Long jump

Measure the distance the children jump from a two footed standing start. Record the best jump. Every 5 centimetres jumped is worth a point.

Shuttle run

Place two markers 5m apart. Run between the cones and touch the cone you are running towards. Two points are scored every time the child touches a cone.

Football dribble

Place 5 cones at 2m intervals. The children have to dribble a ball between each cone in a slalom fashion. One point is scored for every cone the child dribbles around.

Hoop tricks

Children step through the hoop as many times as they can, scoring two points per step through.

Speed bounce

Using a line (for example a playground marking) the children jump side to side counting a point every time they land.

Wall catch

Children throw and catch a ball as many times as they can, scoring two points for every successful catch.

Bean bag throw

Place 5 hoops out. Points are scored by throwing the bean bags into the hoops successfully. The nearest hoop is worth 1 point up to the furthest away being 5 points

