



Perry's Personal Challenges

Be sure to tag us in any activity on twitter and use the hashtag

#B2022



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Perry's Personal Challenges is an **Inspire and Engage** themed resource. Inspire and Engage events focus on participation, fun and trying new activities and skills.

Perry's Personal Challenges have been developed by the Hertfordshire School Games Organisers. The challenges incorporate skills that are used in all of the sports which will be taking place at the Birmingham Commonwealth Games 2022. In this pack there are 19 different challenges for you to try.

Perry, the multi-coloured bull, is the official mascot for Birmingham 2022. Why not find out more about him [here](#).





Birmingham 2022 Factsheet



The blue and yellow "B" emblem is meant to link the venues of the sporting events to be held as part of the games. The colour palette represents Birmingham as the youngest city in Europe.



#B2022

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Opening ceremony - Thursday 28th July 2022

11 days of competition

29th July - 8th August 2022

19 sports

15 venues

72 nations / territories

First time...

- ✓ More medals for women than men
- ✓ Carbon neutral games
- ✓ Largest integrated para-sports programme





Perry's Personal Challenges



Below you'll find the Perry's Personal Challenges resource.

Use this resource in school to engage all pupils in a positive Commonwealth-themed experience.

Each sport has an activity sheet and suggestions on how you might modify the activity to suit different needs. Please feel free to tailor the resource as you feel appropriate for your school.

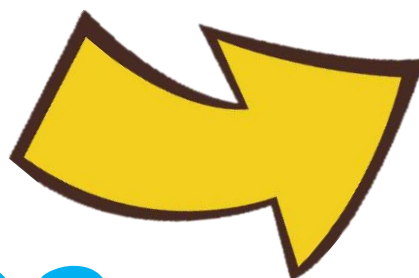
You may choose to focus on one challenge each week or create a circuit of challenges for pupils to engage with over several weeks.

You do not have to send any results in, but we'd love it if you shared any photos or stories with us if you're enjoying the resource.

We've included a participation certificate you can print for your pupils on the next page.

Have fun!!

How it works



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Certificate of participation

Awarded to

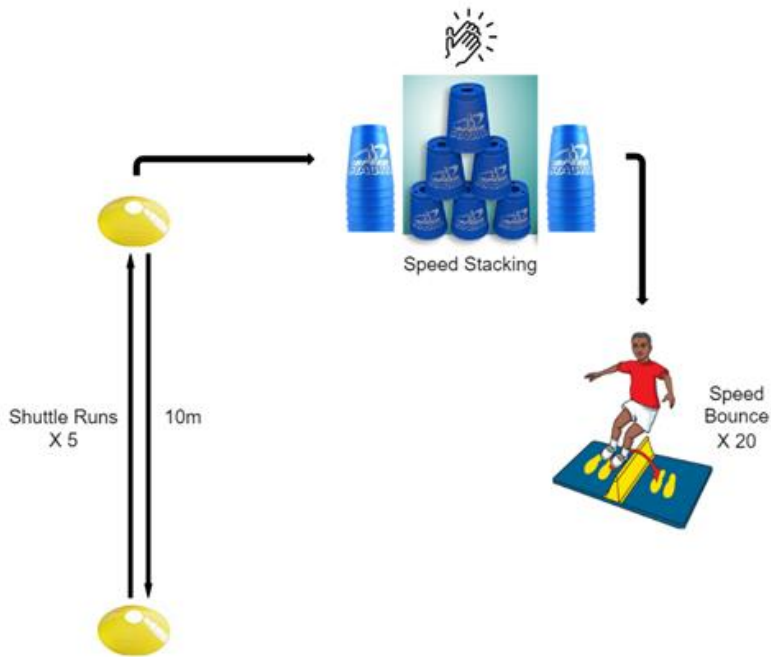
For taking part in **Perry's Personal Challenges** inspired by the Birmingham Commonwealth Games 2022

Presented by

Hertfordshire School Games Organisers



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Sport: Athletics

Activity – run, stack, jump

- Complete 5 shuttle runs, build a speed stacking tower, clap your hands, deconstruct the tower, then move to the speed bounce and do 20 jumps

Health/Safety

- Ensure surface is flat, dry, and clear from obstacles
- You have sufficient space around the activity

Equipment

- 2 x cones, 6 x Speed Stacks, Speed Bounce Mat (use 3 cones as alternative)

Scoring

- Time in seconds how long it takes to complete all three activities in the athletics course

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Remember...

Think inclusively

- Complete the shuttle runs using your wheelchair
- Bounce/Throw and catch a ball instead of speed bounces

Make it easier

- Reduce the number of shuttle runs/speed bounces completed

More of a challenge

- Increase the distance of the shuttle runs

School Games Values

- Determination, Honesty, Passion, Respect, Self-Belief and Teamwork



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Sport: Badminton

Activity - serve

- Athletes stand 4m back from hoop 1, hoop 2 is 2m from hoop 1, hoop 3 is 2m from hoop 2. The aim is to 'serve' the shuttlecock into the hoops as many times as possible scoring as many points as they can with only 5 shuttlecocks.

Health/Safety

- All athletes 'serve' in the same direction with the person timing standing behind.

Equipment

- 1 Badminton Racket, 1 Shuttlecock, 3 hoops, 1 place marker

Scoring

- Athletes get points for each shuttlecock that landed in the hoops.
- Hoop 1 = 3pts, Hoop 2 = 5pts, Hoop 3 = 8pts.



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Remember...

Think inclusively

- Wheelchair athletes compete on a smaller court so you can decrease the distances between the serve line and the hoops from 4m to 2m.

Make it easier

- Decrease all distances, service line to first hoop to 2m from 4m, distance between each hoop to 1m from 2m.

More of a challenge

- Have students stand further back as if they were aiming for the back of the court.

School Games Values

- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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Sport: Basketball

Activity – pass challenge

- All players gather in a circle - seated or standing
- The ball can be passed in any way, e.g., chest, bounce, or high pass
- Players pass the ball to each other across and around the circle
- After 10 seconds of passing the ball, the person with the ball is knocked out of the game
- Timekeeper blows whistle to end the game at 60 seconds
- Players remaining in the game score one point
- Agree how many rounds you're going to play before counting individual scores

Health/Safety

- Be aware of the ability of the person to whom you are passing the ball.
- Use lightweight balls if needed

Equipment

- Chairs, wheelchairs.
- Variety of basketballs and lightweight balls

Scoring

- Earn a point each time you remain in the game after 60 seconds
- The player with the most points at the end of the stated rounds wins



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Remember...

Think inclusively

- Use a different size or shape ball
- Players knocked out form another circle to practise passing.

Make it easier

- Vary the width of the circle and spaces between players to give more reaction time

More of a challenge

- Players can be put into two or three teams; this develops tactical play. Teams can have a 30-second time out in between games to discuss tactics.
- Change the game by having the player who is knocked out go round the outside of the circle before re-joining the game again.

School Games Values

- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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[Dig Demo Video \(50sec for arm position, 2.15 for activity\)](#)

[Set Shot Video \(1:00min - 2:00min\)](#)



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Sport: Beach Volleyball

Activity – Keepie-Uppies

- Students start with a ball each they need to count how many keepie uppies they can do with their forearms without dropping the ball. (Volleyball dig) Students will need to try and rebound the ball into the air without letting the ball touch the floor.
- If the Ball is dropped students will need to start scoring from 0.

Health/Safety

- Ensure the space you are using is clear of any obstacles.
- Make sure students have enough space in between them and other students so they don't bump into each other.

Equipment

- Volleyball, Soft Touch Ball, Balloon, Small Ball

Scoring

- 1 point given for each time the ball is hit up into the air without touching the floor.



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Remember...

Think inclusively

- Use the step process to ensure all learners can access

Make it easier

- Use a balloon to allow for more airtime.

More of a challenge

- Use a smaller ball such as a tennis ball.
- Complete with fingertips (Volleyball Set shot)

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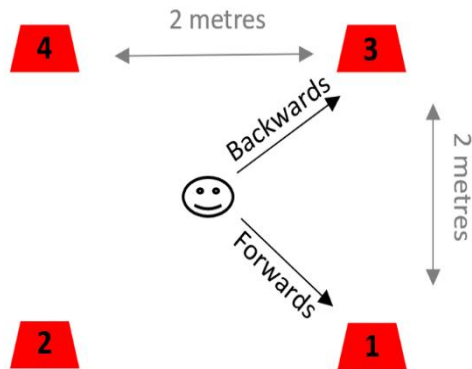
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Video example of a boxing jab



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Sport: Boxing

Activity – Jab

- Set 4 cones out in a square 2 metres apart from each other. Students will start in the middle and work on their footwork and jab techniques by moving forwards, backwards and side stepping to each cone and performing a jab when they reach the cone. They will complete this in a circuit motion – move forward to cone 1, jab, go back to the middle, move backwards to cone 4, jab, go back to the middle, move forwards to cone 2, jab, go back to the middle, move backwards to cone 3, jab.
- Make sure they have moved to every cone.

Health/Safety

- Ensure the space you are using is clear of any obstacles.
- Make sure students have enough space in between them and other students so they don't jab each other.

Equipment

- Cones or spot mats

Scoring

- How many circuits can they complete in 1 minute. A circuit consists of moving forward, jab, move backwards, jab, move forwards, jab, move backwards, jab, making sure they have moved to every cone.

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Remember...

Think inclusively

- Use the step process to ensure all learners can access

Make it easier

- Make the square smaller.

More of a challenge

- Increase the size of the square.
- Set the cones as a specific movement or challenge. e.g Run forward, 3 jabs side step back 3 jabs.
- Perform Jabs a different levels

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Sport: Cricket

Activity - catch

- Bounce a ball on the floor
- Catch the ball with one hand and then bounce it again
- How many times can you catch the ball in 60 seconds?

Health/Safety

- Ensure the area is clear, dry, and flat
- Adult supervision at all times

Equipment

- A ball
- A stopwatch

Scoring

- A point for each catch



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Remember...

Think inclusively

- Any size ball can be used
- One or two hands can be used to catch the ball

Make it easier

- Increase the size of the ball
- Catch the ball with two hands

More of a challenge

- Decrease the size of the ball
- Clap your hands between bouncing and catching

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20m



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Sport: Cycling

Activity – Figure of Eight

The aim of this personal best challenge is to see how many figures of eight you can complete in 2 minutes

- Mark out your figure of eight - 20m in total length
- 1 lap is a fully completed figure of 8
- Push, scoot, or ride around the figure of eight for 2 minutes
- If riding, try to pedal the whole time

Health/Safety

- Helmets must be worn
- If riding on a hard surface it is advisable to wear clothing that covers both legs and arms
- Participants wait in safety area
- Allow space between participants or set up numerous figures of eight

Equipment

- Any outdoor space – hard surface or grass
- Flat spots or marker cones for the figure of eight
- Any Bike including balance, adapted Bike, Scooter or wheelchair if it is in good working order
- Helmet
- Stopwatch/timer

Scoring

- The timer will start when the whistle blows or some shouts go, and will stop when 2 minutes have been completed
- Count how many times you come back to the starting point
- Record your score to the nearest ½ lap e.g., 5 or 6 ½



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Remember...

Think inclusively

- Adapt to allow to push the bike / adapted bikes
- Extend the time

Make it easier

- Make the 8 larger
- Increase the time to 3 minutes

More of a challenge

- Make the 8 smaller / tighter to manoeuvre
- Reduce the time
- Try coasting and reducing the amount of pedalling

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Sport: Gymnastics

Activity – Rhythmic Gymnastics

- In pairs. They must pass the apparatus (ideally a hoop) between each other using a set type of exchange; a roll, throw or swing (can use all during one exchange – must be successfully caught each time)
- The challenge is to complete 10 successful exchanges between each other.
- When successful with this amount challenge with a higher number of exchanges 15 / 20 etc

Health/Safety

- Always teach the correct technique at the beginning of the challenge and correct any poor technique which may cause injury.
- Ensure the groups are well spaced out to avoid accident or injury.
- Ensure no jewellery is worn and the participants are appropriately dressed.

Equipment

- Hoops

Scoring

- Each time they are successful in a set of exchanges they get another point



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Remember...

Think inclusively

- Increase / decrease the height of the throw or the distance travelled.
- Some performers may need a simplified exchange.
- Use hoops that are easier to grasp.

Make it easier

- Split the participants into groups of two, three or four and allow them to decide individually the type of exchange they will use.

More of a challenge

- Remaining in pairs, increase the number of successful exchanges that are necessary to complete the challenge. i.e., from 10 to 15, 15 to 20.
- Split the participants into groups of three or four and continue with using one type of exchange (roll, swing or throw) 10 complete times.


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 Stand behind safety cone

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Sport: Hockey

Activity – Target Flicks

- Place 4 hoops in a straight line at 2m, 3m, 4m & 5m from the start cone
- Flick the ball into the hoop you choose and count how many points you get
- You have 6 attempts
- It is where the ball first lands, not where it ends up
- Try and beat your score

Health/Safety

- Participants wait behind safety cone
- Allow space between groups

Equipment

- 4 hoops (or similar targets)
- Hockey stick / Uni-hoc stick
- Sponge Ball / Tennis Ball / Quicksticks Ball

Scoring

- 1st hoop = 1pt
- 2nd hoop = 3pts
- 3rd hoop = 5 pts
- 4th hoop = 10pts



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Remember...

Think inclusively

- Work as a team
- Adapt the equipment

Make it easier

- Move the hoops closer
- Change the ball
- Allow it to roll instead of flick

More of a challenge

- Move the hoops further away
- The ball must not bounce out of the hoop
- Put a time limit on the activity

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Sport: Judo

Activity – Tig

- Two players start facing opposite one another in the ready position, knees bent, back straight feet shoulder width apart.
- On the call of GO both players are looking to touch the knees of their opponent, whilst at the same time trying to stop their opponent from touching their knees

Health/Safety

- Ensure hands are open and there are no fists. Ensure both players only go for the knees.
- Warn players to be careful not to clash heads.
- A 3m x 3m area minimum is recommended per pair

Equipment

- PE Kit

Scoring

- 1 point for every knee tap. Ideally 3 per group with one scoring.



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Remember...

Think inclusively

- SEN/disabled players can start sitting opposite each other (on a chair or in a wheelchair) and points are awarded for touching the opponent's shoulders or elbows.
- Standing players can touch the opponent's shoulders if they cannot reach the knees.
- Visually impaired players should start each competition gripping the opponent

Make it easier

- Make the area used smaller so less ability to move around

More of a challenge

- Make the space bigger meaning the players must move more tactically to touch the knee
- Reduce the time allowed to make it harder to score

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Sport: Lawn Bowls

Activity – Score the Ladder

- Stand 1 metre away from a 'ladder'
- See how many points you can score with 6 balls
- The ball must remain on the ladder to score

Health/Safety

- Ensure surface is flat, dry, and clear of obstacles
- Make sure you have sufficient space around activity

Equipment

- 10 sheets A4 paper, each with number 1 – 10
- Set them out as in a ladder 1 closest to you 10 furthest
- Boccia balls or rolled up socks or paper

Scoring

- You have 6 throws to score as many points as possible



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Remember...

Think inclusively

- Perform from sitting
- Softer object that doesn't roll
- Use a ramp to propel ball

Make it easier

- Move closer to the ladder

More of a challenge

- Move further away
- Use a harder ball

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- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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Sport: Netball

Activity – Wall catch

- The aim of this challenge is to make as many controlled catches as possible.
- Place your spot 2m away from a wall.
- Place your front foot on the spot and face the wall holding your netball in both hands.
- Pass your ball against the wall and catch it, repeating continuously for 30 seconds.
- Count each ball you catch directly from its contact with the wall.
- Dropped balls do not count towards your score - when you drop the ball, bring it back to your spot and continue until your 30 seconds are up.

Health/Safety

- Participants wait behind safety cone
- Allow space between groups

Equipment

- Flat spot or marker on the floors, Netball, Stopwatch/timer

Scoring

- The timer will start when the whistle blows or some shouts go, and will stop when 30 seconds is up.
- For every time you catch the ball successfully you will receive 1 point.
- Dropped balls do not count towards your score



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Remember...

Think inclusively

- Adapt the equipment
- Extend the time

Make it easier

- Move closer to the wall
- Change the ball- e.g., large sponge ball
- Allow the ball to bounce once before you catch
- Increase the time to 1minute

More of a challenge

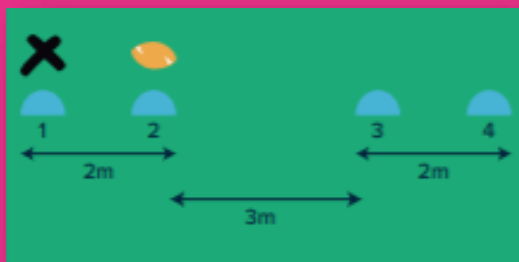
- Move the marker further away from the wall
- Change the ball e.g., smaller such as a tennis ball
- Reduce the time limit to 20 seconds
- Try with a partner where you throw and catch alternately

School Games Values

- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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Sport: Rugby

Activity – Scoring a Try

- Student starts at cone 1 and moves to collect the ball from cone 2 (2m ahead) with 2 hands
- Run with the ball to cone 3 (3m ahead) and ground the ball as if they were scoring a try with 2 hands (2 points) or 1 hand (3 points)
- Run around cone 4 and repeat the activity in the opposite direction, i.e., collect from cone 3, score a try at cone 2 and run around cone 1

Health/Safety

- Only 1 student working at a set of cones at a time
- The ball must not be thrown, it must be placed on the ground

Equipment

- 4 x cones, 1 x rugby ball, stopwatch

Scoring

- Each student has 45 seconds to score as many points as possible



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Remember...

Think inclusively

- Wheelchair users can complete this activity on a playground, rather than a field
- Extend the time to 1 minute

Make it easier

- Shorten the distance between the cones
- Focus on using 2 hands to score a try

More of a challenge

- Extend the distance between the cones
- Try and use 1 hand to score a try
- Put on a Tag Rugby belt and add in a defender who will aim to tag you

School Games Values

- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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Sport: Squash

Activity – wall rally

- Students stand 3m back from an empty wall, they have to keep a rally with themselves by hitting the ball against the wall and returning it as many times as possible in 30 seconds.

Health/Safety

- Only have one athlete attempting at a time to avoid collisions. Have the person timing stand off to the side and behind to prevent them getting hit.

Equipment

- 1 Squash racket (tennis racket or similar), 1 ball, an empty wall to hit the ball against.

Scoring

- The athlete has 30 seconds to return the ball as many times as they can, each return is one point. The athlete can attempt the challenge as many times as they like within the 30 second period. Scores for each rally are added up for a total score across 30 seconds.



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Remember...

Think inclusively

- Wheelchair athletes can carry out their rally 2m from the wall.

Make it easier

- Decrease the distance in which the athlete is carrying out the rally from.

More of a challenge

- Have students stand further back as if they were returning the ball from the back of the court.

School Games Values

- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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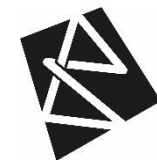
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Sport: Swimming

Activity – Move the Floats

- Can you move 5 floats from 1 side of the pool to the other.
- 5 floats start on one side of the pool.
- Swim the width of the pool with a float and place it on the opposite side of the pool. Return to the other side, collect the next float, and repeat until all 5 floats are on the opposite side of the pool.
- Once all 5 floats are on the opposite side of the pool then you have completed the challenge.

Health/Safety

- No running around the pool.
- Enter the pool via the steps.

Equipment

- 5 floats

Scoring

- Time how long it takes you, fastest wins



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Remember...

Think inclusively

- Blow the floats 3m instead of carrying them the width of the pool
- Move the floats to and from a partner in various directions

Make it easier

- Walk instead of swim

More of a challenge

- Can you take more than one float at a time?
- Increase to 10 floats
- Set a time limit

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- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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Sport: Table Tennis

Activity – Throw, Hit, Catch Forehand

- Players stand facing each other approximately 1m apart
- Player 1 stands in ready position with bat
- Player 2 throws ball underarm to player 1
- Player 1 strikes the ball with the bat so player 2 can attempt to catch it

Health/Safety

- Ensure players clothing and footwear are suitable for the activity
- Allow space between groups

Equipment

- 2 cones per pair
- 1 bat and ball per pair

Scoring

- Count the number of successful catches in 30 seconds
- Most hits and catches without a mistake
- Do the same using backhand and alternate forehand/backhand



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Remember...

Think inclusively

- Use a different type / size bat and ball if required

Make it easier

- Use a bucket or hat to try and catch the ball in rather than with your hands
- Use a bounce pass so the ball is easier to hit and allow a bounce before the ball is caught

More of a challenge

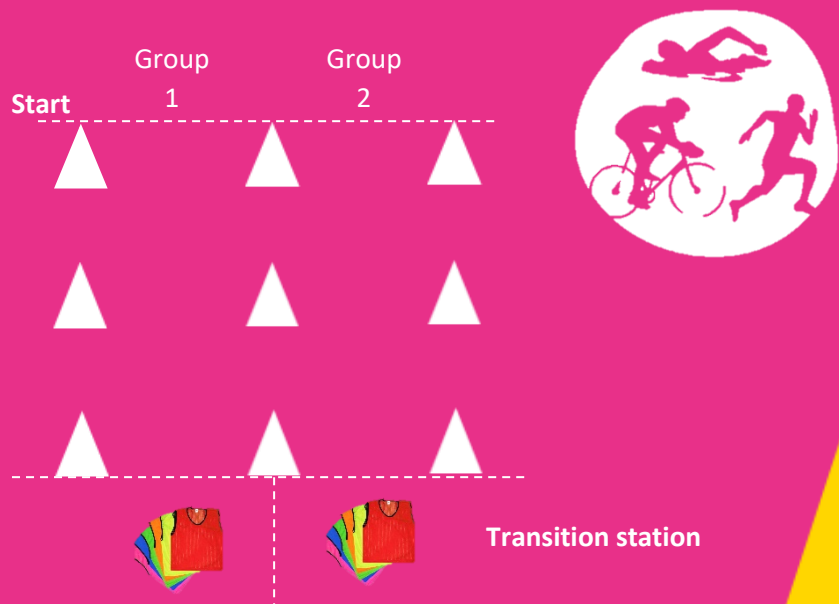
- Decrease the distance between players so there is less reaction-time

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Sport: Triathlon

Activity – Tri Transition (bib relay)

- Place athletes into equal teams
- Using cones/markers set out a lane per team, with a transition area at the end
- Before the start, each team member needs to go and place their bib at their team's allocated transition station
- On "Go", one person from each team runs to their bib and puts it on as quickly as possible then returns to the start position and tags their team-mate
- Once all team members have put their bibs on, continue the activity in reverse and get them to take their additional bib off and leave it at their transition station
- The team with the fastest overall time wins

Health/Safety

- Space out the transition stations to reduce the risk of collisions
- Ensure athletes have their t-shirt/bib over their head and pulled down with arms free before moving

Equipment

- Cones/markers, Stopwatch, Clipboard to record times, Bibs

Scoring

- Allocate points per team e.g.: if 4 teams take part the winners get 4 points, second get 3 points, third place get 2 points, and fourth place gets 1 point.
- Repeat for 3 rounds, the team with the most points wins.



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Remember...

Think inclusively

- Reduce the distance from the start line to the transition station
- When including SEN/Disability athletes ensure you run the activity on a hard, flat surface

Make it easier

- Increase the number of players in a team
- Only put on the bib, rather than remove it as well

More of a challenge

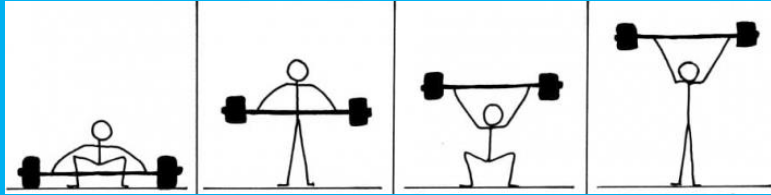
- Include putting on shoes and helmets in the relay so that the young people get used to all elements of a transition
- Ask athletes to do 5 star jumps, high knees or sit ups before running to their station

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Sport: Weightlifting

Activity – Power Position

- Start with 2 suitable items on the ground by your feet
- Standing with your feet shoulder width apart, bend your knees and pick up the items with your hands
- Pull the two items up to your waist
- In a squat position, fully extend your arms above your head and push to the ceiling
- Stand tall and hold for two seconds
- Bring the two items down to the ground, bending your knees
- Repeat this process

Health/Safety

- Students in a clear space, away from other students and equipment
- Students lifting weights that are suitable for their strength/ability

Equipment

- Items suitable for age of child, for example: bean bags, cans, milk cartons, shoes, apples, water bottles, etc.
- Stopwatch

Scoring

- Each student has 1-minute to count how many weightlifting rotations they complete



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Remember...

Think inclusively

- Wheelchair users can complete this activity sitting in their chair, either reaching down to collect the items from the floor or from tables either side of their chair
- Participants could alternatively perform a lying bench press as seen in Paralympic Powerlifting

Make it easier

- Use 2 tables to put the items on, rather than the floor
- Decrease the weight of the items

More of a challenge

- Increase the weight of the items
- Hold the item above your head for three-seconds

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- Determination, Honesty, Passion, Respect, Self Belief and Teamwork



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Sport: Wrestling

Activity – Pairs

- In pairs stand opposite one another
- Each person tucks a bib into the back of their shorts
- When the whistle blows try and grab the bib from your opponent
- Stay within the coned area

Health/Safety

- Make sure no one else is inside the coned area apart from the 2 participants
- Make sure the area is clear of other potential obstacles

Equipment

- Cones
- Bibs

Scoring

- Each game lasts 30 seconds.
- Each time you grab the opponents bib you get 5 points.
- Each time your bib is grabbed you lose 2 points.



SCHOOL GAMES



@Herts_SGOs

Remember...

Think inclusively

- Make the area larger to allow for wheelchairs to manoeuvre
- Instead of removing the bib just tap the outside of your opponent's knee
- Make sure you are working with someone of a similar ability

Make it easier

- Make the area smaller
- Use a larger bib to grab

More of a challenge

- Make the area larger
- Only use one hand

School Games Values

- Determination, Honesty, Passion, Respect, Self Belief and Teamwork

