

Name

Class

1: Balloon Balance
(Learn To Compete card 1)

How quickly can you pick up 5 cones?	Wk 1	Wk 6
L1 – Single leg balance pick up from chair		
L2 – Single leg balance pick up from chair and keep up balloon		
L3 – Single leg balance pick up from floor		

2: Exchange Objects
(Learn To Compete card 2)

How many objects can you pass across to the hoop in 30 seconds?	Wk 1	Wk 6
L1 – Sitting with both hands on the floor		
L2 – Sitting with one hand on the floor		
L3 – Sitting with no hands on the floor		

3: Front Curling
(Learn to Compete card 3)

How many points can you score in 1 minute?	Wk 1	Wk 6
L1 – In a mini-front support (knees down)		
L2 – In a full front support		
L3 – In a full front support with one foot on the floor		

4: Balance Transfer
(Learn To Compete card 4)

How many items can you move into the hoop in 30 seconds?	Wk 1	Wk 6
L1 – Using hand/head/shoulders		
L2 – Using equipment, e.g. racket		
L3 – Using hand/head/shoulders across apparatus, bench/upturned bench		

5: 3 Limb Race
(Learn To Compete card 5)

How quickly can you cover the course (10 metres)?	Wk 1	Wk 6
L1 – With legs untied		
L2 – With legs tied together		
L3 – Walking backwards with legs tied		

6: Develop Combinations (Learn To Compete card 6)	How far can you jump?	Wk 1	Wk 6
	L1 – Combining any three jumps together		
	L2 – Combining three different jumps together		
	L3 – Combining three different jumps including one turn		
7: Roller Ball (Learn To Compete card 7)	How many repetitions can you make in 30 seconds?		
	L1 – Using a crouching position		
	L2 – Using a sitting position		
	L3 – Using a smaller ball, e.g. tennis ball		
8: Juggle Challenge (Learn To Compete card 8)	How many repetitions can you make in 30 seconds?		
	L1 – Using two beanbags		
	L2 – Using two tennis balls		
	L3 – Using three beanbags		
9: Getting Around Us (Learn To Compete card 9)	How many repetitions can you make in 30 seconds?		
	L1 – Passing a small ball around your waist		
	L2 – Passing a small ball in a figure of eight		
	L3 – Passing a large ball around your waist		
10: Coordination Floor Patterns (FUNS card 10)	How quickly can you travel and pick up 5 cones?		
	L1 – Side-stepping		
	L2 – Hopping		
	L3 – Side-stepping with a pivot		
11: Tunnels (Learn To Compete card 11)	How many times can you make the ball roll through a 'tunnel' within 10 metres?		
	L1 – From a standing start		
	L2 – From a seated start position		
	L3 – From a lying on front position		
12: Quick off the Mark (Learn To Compete card 12)	How many catches can you make from 6 goes? (Can be 2 or 1 handed catches and after 1 or 2 bounces)		
	L1 – From 1 metre using a larger ball		
	L2 – From 1 metre using a smaller ball		
	L3 – From 2 metres using a smaller ball		