Personal Best & School Participation Competition.

Reaction Time.

Challenge 1: Number Touch ☺

- **Place numbers on a wall (up to you how many you would like to challenge yourself)**
- **How quickly can you react to numbers being called out? Count how many times you touch the numbers in 1 minute. Can you beat your score?**
- **To make it more challenging call out a number calculation to get to the answer or say a sequence of numbers to remember.**

Challenge 2: Colour Touch ☺

- **Place 4 objects of different colour on the floor in a square shape.**
- **How quickly can you react to a colour being called out? Count how many times you touch the colours in 1 minute. You must return back to the middle before the next colour is called out. Can you beat your score?**
- **To make it more challenging, say a sequence of colours to remember.**

I hope you enjoy the challenges this week ☺ Remember to do these challenges as many times as you can during the week to try and beat your personal best score and to stay active.

Benefits of this challenge: Speed, agility, reaction time and body control.

Equipment: Paper, tape and some objects to lay on the floor.

Safety: Please remember to play this game with enough space. Play this game bare foot or with trainers. Do not just wear socks as you need good grip to move around.

Send in your videos via DB primary if you have permission **(CHAT schools only).**

Please use the link below to add your scores so your school can earn 1 point towards their weekly total.

- **Link to upload you score:**
  https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoTZ9ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSVdYVy4u

- **You can find previous weeks' challenges to try again and you can also find many other ways to help support you to stay active on this website:**
  Staying active | CHAT Academies (cuckoohallacademy.org.uk)

Sporting spirit values: Remember to show the sporting spirit values when completing these challenges.

Passion / Teamwork / Self-belief / Respect / Honesty / Determination