

Distance Learning #6: Sports Skill Challenge

Sport Skill Challenge Part 1

We've all seen those skill challenges and fitness challenges before. Baseball/softball does a pitch, hit & run. Basketball has dunk and three point contests. Football does a variety of challenges for the combine and Pro-Bowl week. Hockey has a skills competition and speed skate... Fun contests that also help us practice and build skills.

For today's assignment, you're going to create your own skills challenge for whatever sport you want to. Use the internet to see what some sports do and come up with your sports skill challenge. **You'll need to pick at least three skills, they can be all for one sport or they can be multisport challenges.** Once you've picked your challenges, you're going to complete them and post your results as well! Later, we're going to all try each other's challenges and see how we do.

1. Research skill challenges and come up with three to use.
2. Create a Google Doc with appropriate header (name and class period).
3. Describe each of your three challenges. Include the equipment you will need, and give instructions for us to follow.
4. Try each of your challenges and keep track of your results.
5. When done, attach your Google Doc to the assignment, leave a private comment with your challenge results and mark for "Turn-in".

This is a chance to have fun and be creative. Some challenges might be timed, example: 3 point contest in basketball, when you try to make as many 3 pointers as possible in 60 seconds. Other challenges might be how many times you can hit a target throwing a baseball, out of ten throws. There are a lot of options out there, but most importantly HAVE FUN!

Sport Skill Challenge Part 2

Now that you've gotten started, let's touch up your instructions to be used by another student. That means you want to make sure your instructions are clear and explain all needed equipment or help needed. If your skill requires equipment that not everyone may have (basketball hoop, pitching net, goal...), either offer a substitution or suggest they find one before starting.

You will pick ONE skill challenge to make an instructional video for over the next few days. When making a video, you want to make sure that you've practiced it enough to clearly explain how to do each part, teach the skill and provide a demonstration of the challenge. TEACH - DEMO -TRY. The key thing with videos is to watch after you film. Can you hear yourself? Can you see the full demonstration? Did you remember to teach the individual skill first?

Some of you did a really great job on these, I've tried some already myself and I love it! I look forward to seeing the videos as you guys work on this.