



BECOME A CHAMPION

Key Stage 1 - Target Games

Lesson 1 - [Underarm Throwing](#)

Lesson 2 - [Overarm Throwing](#)

Lesson 3 - [Underarm Rolling](#)

Key Stage 2 to 4 - Beginners Boxing Tutorial

Lesson 1 - [Guard and Stance, Footwork & Straight arm shots to the head](#)

Lesson 2 - [Straight arm shots to the body & Defences against straight arm shots to the head and to the body](#)

Lesson 3 - [Hooks to the head](#)

Lesson 4 - [Defences against hooks to the head](#)

Key Stage 1 - Ball Skills

Lesson 1 - [Throwing and Catching](#)

Key Stage 1 & 2 - Mini Challenges

Challenge 1 - [Teddy Bear Jump](#)

Challenge 2 - [Towel Toss](#)

Key Stage 1 & 2 - Would You Rather?

[Would You Rather? Game 1](#)

[Would You Rather? Game 2](#)

[Where in the World?](#)

[Animal Detective](#)

[Scavenger Hunt](#)

Key Stage 1 & 2 - At home Fitness

Session 1 - [Living Room Fitness](#)

Session 2 - [5 Sheet Challenge](#)

Session 3 - [Box Fit](#)

Session 4 - [Football Fitness](#)

www.becomeachampion.co.uk

