

## Skill Challenge

**Can you improve a skill?!**



**Choose a skill that you want to learn or practise. This could be any skill such as a keepy up in football, a serve in tennis or throwing and catching, ...something you would like to get better at.**

**Write down or draw the skill you want to improve. How many times can you do the action at the moment? How many times can you repeat the action in a specific time? How many times would you like to be able to do?**

**Practise the skill for at least 10 minutes every day for the week. Remember - the more you practise the more you will improve!**

**At the end of the week, repeat the activity. Have you got better at it? Have you reached your target number of times?**

**Share your pics and videos with @knowsleyspp on Twitter!**