



I Can BUT I Can't Challenge

THE CHALLENGE

- Identify and celebrate what students CAN do. Are there any common themes?
- Ask students to draw themselves or to take a photo of them 'doing' what they can.
- Identify what students CAN'T do and discuss why. Is it because they aren't old enough, tall enough, experienced enough? Is it something they have tried? Or have they simply told themselves they can't?
- Ask students to choose one physical activity they can't do but would like to (e.g. kick a ball 10m), and to set a time frame to achieve it. It could be a day, week or term, depending on the students' age and ability.
- Encourage students to ask their families and friends to support them by pledging \$5 if they achieve their goal.

