



# 26 sporting skills to try before you turn 14

*Playing sport has many benefits such as increased fitness, greater confidence, improved coordination and balance, making new friends, learning new skills, better sleep, and it's good for our mental health. Challenge yourself by trying some of these skills.*

- 1 Football:** kick a check side from the pocket and/or shoot from less than 45 degrees out
- 2 Basketball:** complete a layup from both sides of the ring or complete a reverse layup
- 3 Cricket:** hit a boundary
- 4 Soccer:** successfully shoot top corner of the goal from a dribble
- 5 Netball:** be able to play all positions
- 6 Swimming:** master the butterfly stroke or a stroke you find challenging
- 7 Tennis:** have a rally using forehand and backhand
- 8 Rugby:** complete a two handed carry before the defensive line
- 9 Volleyball:** try an overarm serve
- 10 Gymnastics:** complete a handstand against a wall or with a partner and/or complete a single balance using your hands, knees, feet or attempt a partner balance
- 11 Athletics:** complete a track circuit of your choice (100m, 200m, 400m, 800m, 1500m) and set your own Personal Best (PB)
- 12 Surfing/bodyboarding:** duck dive under a wave
- 13 Golf:** shoot under a hundred in an 18 hole golf course
- 14 Cycling:** ride a distance that challenges your ability and work on setting a PB



'I love playing sport and being part of a team and doing something I love. When we win I get a feeling of accomplishment and when we lose, I get more determined. And it's good to have your own sport friends.'

JAZZY 14 YEARS OLD



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*Wherever you venture take a moment to reflect on Aboriginal  
culture and how deep their spiritual connections and beliefs  
are today and have always been.*

- 15 **Martial Arts:** see if you can achieve a belt promotion, break a board or learn a complex hold in a martial art such as Taekwondo or Judo
- 16 **Dancing:** choreograph your own dance in a genre that interests you using different dance moves
- 17 **Skateboarding and scooting:** challenge yourself with a new skill
- 18 **Lawn bowls:** attempt drawing a 'resting toucher'
- 19 **Archery:** be able to shoot at a maximum distance of 40 metres and stay focused for up to 2 hours
- 20 **Ultimate frisbee:** throw a forehand flick
- 21 **Hockey:** be able to receive, block and drag and flick into goals
- 22 **Baseball:** throw a ball 30 metres or hit a ball that's been pitched at you
- 23 **Table tennis:** practice your skills by balancing a table tennis ball on a bat, then bounce it 10 times on the forehand, and 10 times on the backhand without dropping it
- 24 **Touch football:** score a try
- 25 **Softball:** make a home run
- 26 **Goalball:** try this unique sport designed for athletes with vision impairment

Illustrations by Alberton  
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