

HOME PE

Activity Card

Sporting Superstars Go For Gold Challenge – Week 1

Every week we will be setting a physical activity challenge to all of the young people in Nottingham.

The Sporting Superstars Go For Gold Challenge will invite you to have a go at the weekly challenge, video yourself having a go then upload your effort onto twitter, tag your tweet with the weekly hashtag.

When you have completed 2 weekly challenges you will be awarded a BRONZE WRISTBAND

When you have completed 5 weekly challenges you will be awarded a SILVER WRISTBAND

When you have completed 8 weekly challenges you will be awarded a GOLD WRISTBAND

#ssn2roomjump

Aim of the game: To bounce from side to side as many times as possible in 30 seconds. To beat @SchoolSportNot1 at their own game 😊



How to play: Like speed bounce but without the equipment. Find yourself a doorway, get a family member to time and film your challenge. Only the feet need to be visible. Count down 3,2,1, go and start your jumps. Jump from side to side between the 2 rooms for 20 seconds and count how many bounces you achieve. Ask the person timing and filming you to tell you when to stop. That way you can concentrate on jumping.

How to score: Count the number of successful bounces. Bounces must be double footed and cross the boundary line to be considered successful. You score 1 point for each successful bounce.

How to record and submit your results: Count your bounces and upload your entry to twitter (along with the video where possible), providing the following information.

Name: First Name, Last Initial

School:

Year Group / Category: Yr X / Teacher / Adult

Initial Score:

Best Score:

Remember to tag your tweet with **#ssn2roomjump** and **@SchoolSportNot1**

If you don't have access to twitter you can still play simply email your results to n.robb@ellisguilford.nottingham.sch.uk

















How will the awards work?: School Sport Nottingham will keep a record of your Sporting Superstars Go For Gold Challenges and will be getting all of the wristbands awarded once you are back at school. There will also be weekly "Sporting Superstar" prizes awarded for special and creative efforts!!

Good Luck and get bouncing!!

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Fitness Challenge

Sometimes it's hard to decide what workout or exercise to do. To help you on your way @NorthOxonSSP created a **chatterbox challenge**. To take the Chatterbox Challenge, cut out the chatterbox below and follow the instructions on how to fold and play.

10 throw and catch passes with a partner

2 Balance a Teddy on your head for 20 seconds

3 Run to the top of the stairs and back

4 Balance on your left leg for 20 seconds

5 Hold a 3 point balance for 20 seconds

6 High knees running on the spot for 20 seconds

7 Hop on your right leg for 20 seconds

8 10 Star Jumps

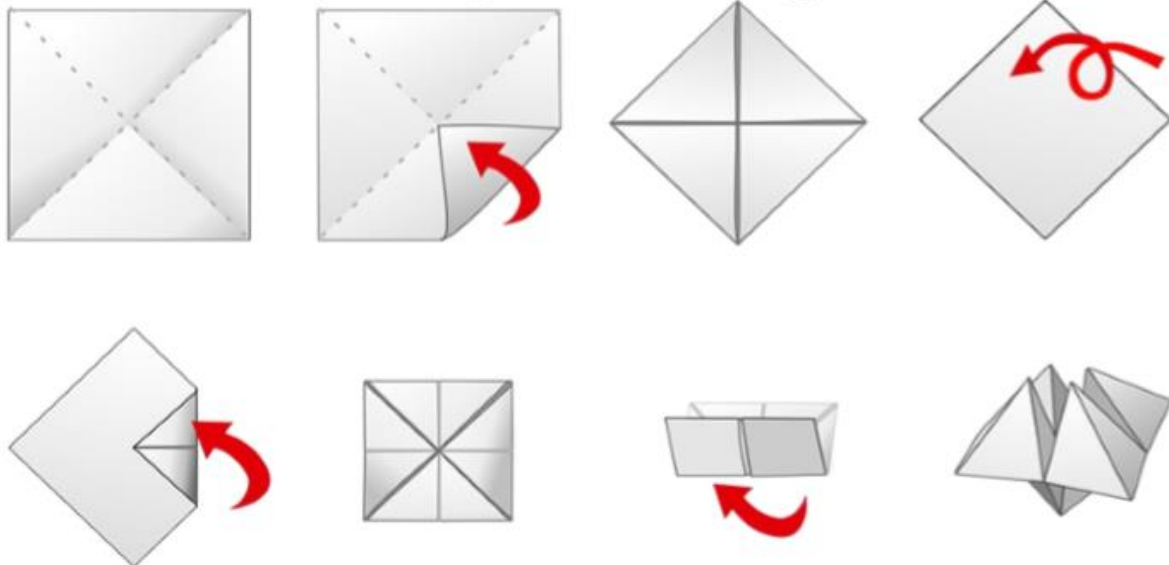
CHATTERBOX CHALLENGE

How to turn your paper in to a Chatterbox:

Make sure you start with the design face down

Fold and unfold corner to corner first to give a middle point.

There are lots of YouTube clips available if you need some extra folding guidance!



How to play?

- Ask a partner (sibling or grown up) to choose one of the words displayed on the outside of the chatterbox, then spell out that word opening and closing the chatterbox as you say each letter.
- At the end of spelling this word, four of the inside numbers will be displayed. Ask your partner to choose one of the numbers, and count up to that number opening and closing the chatterbox again as you say each number.
- At the end of counting out the numbers, four of the inside numbers will be displayed again. Ask your partner to choose one of the numbers and then open up the chosen number flap.
- Read out the task under the flap to your partner for them to complete - then swap over and keep taking it in turns to play.

Curriculum Challenge - OAA

Turn your egg hunt into a learning opportunity by taking the Easter Egg Orienteering Challenge. For those of you able to get outdoors you can use existing orienteering routes in a local park to practice your orienteering / egg hunting skills. Simply snap a photo of the map, plot your route and accompanied by your adult follow the path. Award yourself one egg for each of the permanent markers you reach. (Eggs can be chocolate or paper – you choose).

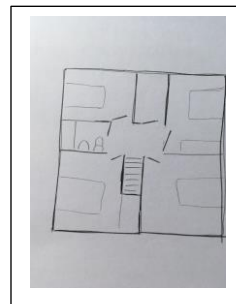
Remember when heading outdoors to follow Government Guidance and practice social distancing.

For those stuck closer to home, below are step by step instructions on how to design and undertake your own Orienteering based Egg Hunt.

1. Draw a map of your location. You will need a separate drawing for each level.

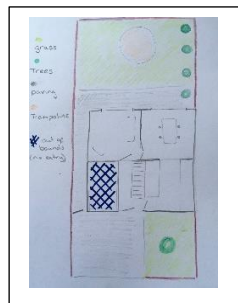


Ground floor

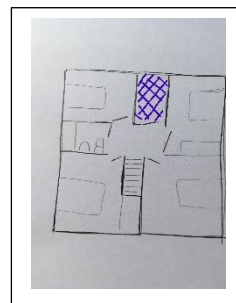


Upstairs

2. Mark out the no-go zones.



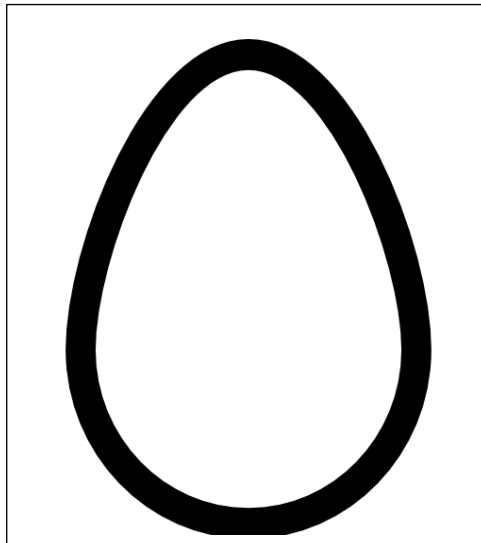
Ground floor



Upstairs

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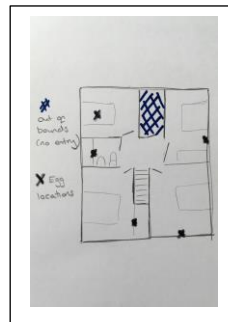
3. Cut out and design your eggs.



4. Ask an adult to hide the eggs and mark their location on the map.

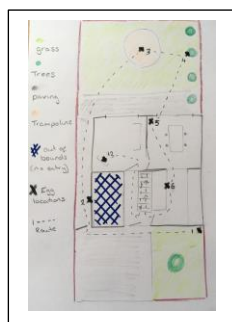


Ground floor

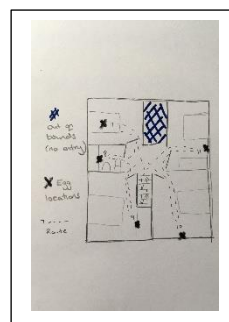


Upstairs

5. Plot the route and let the hunt begin.



Ground floor



Upstairs

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Just for fun

After all that exercise, why not relax your body and test your brain with this School Games Values word search.

School Games is a National programme designed to keep competitive sport at the heart of **schools** and provide more young people with the opportunity to compete and achieve their personal best. There are **six values** which form the '**Spirit of the Games**'. Can you find them all in the word search below?

Spirit of the Games Word search

H	O	N	E	S	T	Y	A	M	O
A	Q	C	R	P	E	R	D	F	N
H	F	V	T	I	A	J	E	S	K
U	T	A	E	R	M	F	T	T	L
I	C	L	W	I	W	Y	E	Z	G
M	E	U	D	T	O	T	R	A	A
L	P	E	S	Y	R	O	M	W	M
O	S	S	P	Q	K	E	I	H	E
O	E	B	E	A	I	B	N	U	S
H	R	N	V	C	S	M	A	C	V
C	Z	R	X	W	G	S	T	L	P
S	E	L	F	B	E	L	I	E	F
P	G	O	K	H	H	D	O	O	P
L	S	T	H	E	N	X	N	J	N



What other words can you find?