

## Sporting Superstars Go For Gold Challenge – Week 3

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

### #ssnssocksinthebox



**Aim of the game:** To throw as many pairs of socks into the box as you can in 60 seconds

**How to play:** Get 5 pairs of rolled up socks and a washing up bowl. Put the bowl on the floor then take 4 large strides away from the bowl and put down a marker (we used a plastic cup). When the timer starts, start to throw the socks into the box one at a time, keeping count of how many successfully land in the box. When you've thrown all 5, quickly run and collect them up, run back to the marker and keep going until the 60 seconds is up.

**WATCH THE VIDEO EXAMPLE – [CLICK HERE](#)**

**How to score:** 1 point for every pair of socks that land in the bowl

**How to record and submit your results:** Count your scores 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 **#ssnssocksinthebox** 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](mailto: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 !!**

## PE @ HOME – WEEK 3 ACTIVITIES

*During the Easter Holidays we are showcasing some games, activities and challenges from the Youth Sport Trust PE programme and the School Games Programme.*

*Just click on the links below, follow the instructions, or watch the video, have a go and have some active fun!!*

**JUMPING DICE – JUMPING – [CLICK HERE](#)**

**TARGET CHALLENGE – TARGET GAME – [CLICK HERE](#)**

**BLAST OFF – WITH A PARTNER – [CLICK HERE](#)**

**THREE IN A ROW – TARGET – [CLICK HERE](#)**

**POWER JUMP CHALLENGE – JUMPING – [CLICK HERE](#)**

## PE @ HOME – WEEK 3 – GET MOVING

This weeks feature programme is **BBC SUPERMOVERS**

Fun curriculum linked resources to get you moving while you learn

**For BBC SUPERMOVERS – [CLICK HERE](#)**