

# Weekly Challenge: week commencing 8<sup>th</sup> February



During this lockdown we want to keep you physically active and we would also like to continue developing those key life skills/ experiences.

Each week you will be set three challenges for you to have a go at.

We look forward to seeing photos of your participation in these.

## **Mr Simpson's Challenge – 'Target Throw'**

**Aim** – how many times can you throw and retrieve a ball/socks in 60 sec

**Equipment** – small ball / bean bag or a pair of rolled up socks , wash basket etc

### **The Challenge:**

**Reception & KS1 (years 1/2)** must throw the ball/socks etc into a wash basket from 2 yards away then retrieve ball and repeat from starting point, every time they successfully get the ball/socks in they get 1 point . Send in your biggest score in 60 sec

**LKS2 (years 3/4 )** must throw the ball/socks etc into a wash basket from 3 yards away then retrieve ball and repeat from starting point, every time they successfully get the ball/socks in they get 1 point . Send in your biggest score in 60 sec

**UKS2 (years 5/6 )** must throw the ball/socks etc into a wash basket from 4 yards away then retrieve ball and repeat from starting point, every time they successfully get the ball/socks in they get 1 point . Send in your biggest score in 60 sec

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## Mrs Pawlitta's Challenge – 'Cushion Challenge'

### WEEK 2 - CHALLENGE

#### Mrs Pawlitta's Challenge

#### OVERVIEW

**AIM:** To move a balls made of socks from the top of a tin to another as many times as possible in 60 seconds

Watch here:  
Set Up and Instructions <https://youtu.be/LwYjoCZFT-4>  
Challenge Attempt <https://youtu.be/IQ9ttMdAagqI>

#### Set Up and Rules

Place 2 tins 50cm apart and another 2 tins, also 50cm apart, 2m away as shown in the diagram. On two tins (yellow) place a ball made of rolled up socks. Start by standing between and behind the tins without the sock balls (green). On the starting instruction "On your marks, GO!" Run and pick up the ball from one tin, turn and place it on the tin opposite. Then collect the second sock ball and put it on the tin opposite. Once you have collected both sock balls run through and around one of the tins 2m away before repeating the process (see video examples). How many times can you move from the balls from tin to tin in 60 Seconds?

#### COACHING TIPS

Pick up the ball with one hand, move it to the other hand and sidestep between the tins.  
Bend low to place the ball on the tin so it doesn't fall off

#### SOCK TRANSFER

#### EQUIPMENT NEEDED

Stop Watch / Mobile Phone to time  
2 x balls made of socks  
4 x Tins or upturned mugs  
Tape Measure

#### SCORING & JUDGING

The participant has 60 seconds to move the balls as many times as possible from tin to tin.  
The ball must be placed on the tin and stay on it to receive 1 point (no throwing). If the sock ball falls off that point does not count.  
If the participant fails to run around a tin after putting both sock balls on the opposite tins take off 2 points.  
Parent/Guardian/Brother/Sister should give the starting instructions, time 60 seconds and count the number of successful sock transfers

#### How To Practise / Get Better

Practise the sequence of collect, place, collect, place then run through and around cones so it becomes familiar

## Mrs Smith's Challenge – '100 ...'

**Aim** – To commemorate Captain Tom

**Equipment** – depends on what you decide to do

### The Challenge:

The inspiring Captain Tom sadly died last week. He was an inspiration to many during the first lockdown. His resilience and determination to walk 100 laps of his garden made him a wonderful role model.

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In honour of his resilience you are challenged to do a 100 of something each day this week. It could be star jumps, laps round your garden, 100m metre sprint, a 100 minute bike ride.

I will be doing 100 sit-ups each day.

Looking forward to what your 100 will be.