

## Personal Challenge

On week one we introduced a new **personal / digital challenge activity** that can be done at home.

**#2RoomJump** The challenge proved so popular Nottinghamshire's SGO network decided that every district should be encouraged to get involved. Each week we will be setting a new **challenge** for all the young people of Nottinghamshire - The Sporting Superstars: Go for Gold Challenge – we invite you to have a go, record your scores and earn rewards.

Anyone completing 2 weekly challenges you will be awarded a BRONZE WRISTBAND

Anyone completing 5 weekly challenges you will be awarded a SILVER WRISTBAND

Anyone completing 8 weekly challenges will be awarded a GOLD WRISTBAND

## #SocksinaBox



**Aim of the game:** To throw as many pairs of socks into a box as you can in 60 seconds. To take on the Sporting Superstars: Go for Gold Challenge ☺

**How to play:** Get 5 pairs of rolled up socks and a box (or similar). Put the box on the floor then take 4 large strides away from the box 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, keep count of how many successfully land in the box. When you've thrown all 5, quickly run and collect them, 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 box.

**How to record and submit your results:** Add up your score 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 **#SocksinaBox** and **@GamesGedling**

If you don't have access to twitter simply email your results to [t.elliott@theacademycarlton.org](mailto:t.elliott@theacademycarlton.org)

**How will the rewards work?** Entries can be uploaded to twitter or sent via email, Gedling School Games will record all entries and reward your hard work with wristbands once you are back at school. To submit all your entries in one, complete the attached Sporting Superstars: Go for Gold Challenge Evidence Record and email it back at the end of the challenge season.

*Good Luck and get earning!*

## Fitness Challenge

Following on from the Chatterbox Challenge why not try YST's **Jumping Dice Challenge**, or if jumping isn't for you @GamesGedlings alternative **Let the Dice Decide** fitness challenge. No dice, no problem, we've provided a template so you can make one – print, cut, fold, stick and roll.

### How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

- Roll a 1** – Perform 20 star jumps
- Roll a 2** – Perform 20 tuck jumps
- Roll a 3** – Perform 20 pencil jumps
- Roll a 4** – Perform 20 jumps with a  $\frac{1}{2}$  turn
- Roll a 5** – Perform 20 jumps with a full turn
- Roll a 6** – Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.



Can you encourage others to keep going?

Can you keep trying even if you feel tired?

### How to play:

- Play with a partner, take turns to roll a
- Look at the number you have rolled and complete as many of the exercise as you can in 60 sec.

exercises: Star jumps

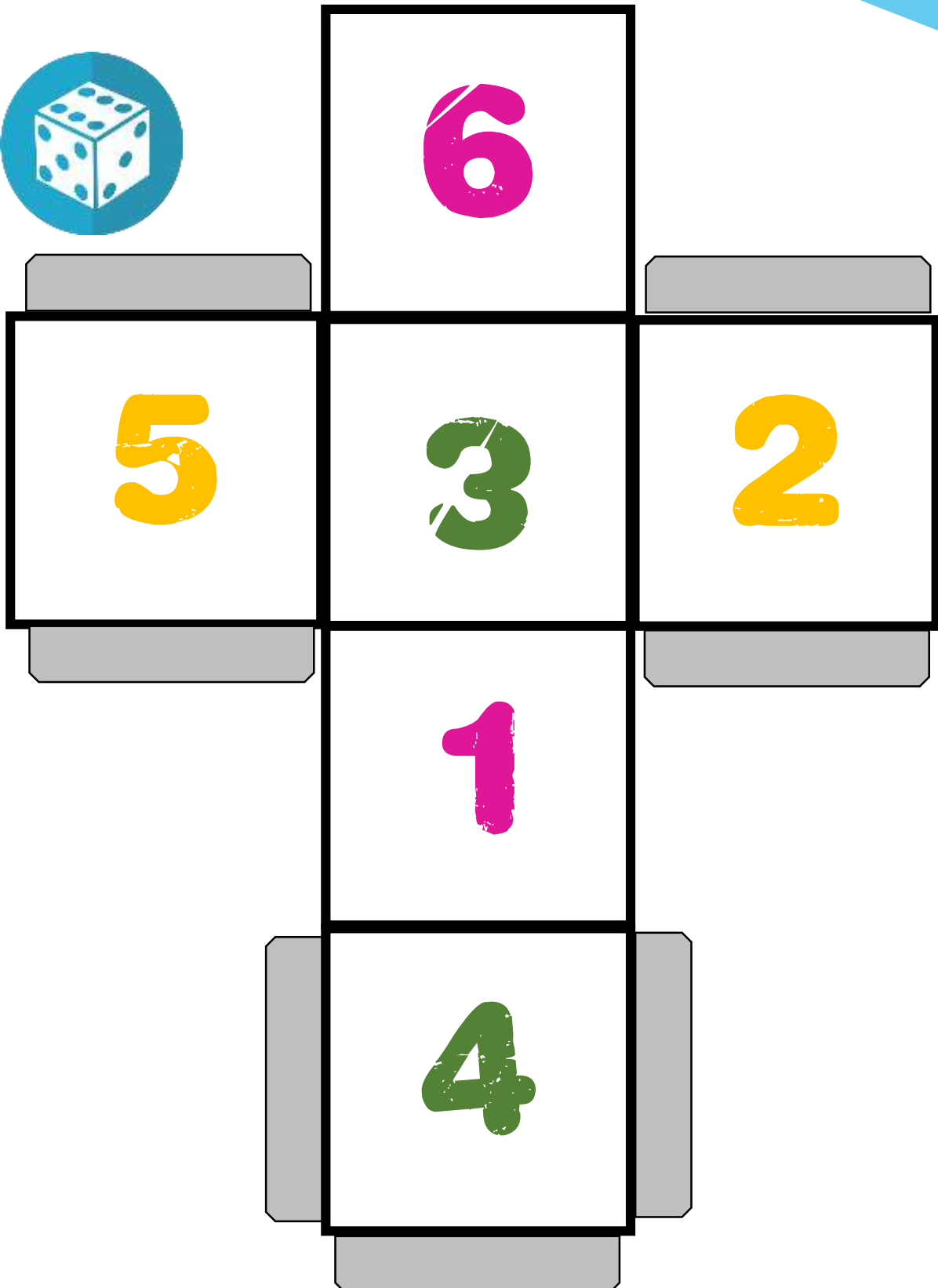
- Roll a 1** – Press ups
- Roll a 2** – High knees
- Roll a 3** – Sit ups
- Roll a 4** – Fast Feet
- Roll a 5** – Burpees
- Roll a 6** –

- The first player to complete all of the activities listed above is the winner.



Can you think up new exercises to try?

Can you take the challenge every day for a week?



## Curriculum Challenge

Over the last few weeks Nottinghamshire's SGO Network have been working hard along with our colleagues from Derbyshire and the Team from Active Notts to bring you a comprehensive Stay at Home PE curriculum. The new resource will be released by the end of this week, with weekly instalments that focus on a different sport each time and give ideas for daily activities based on the following themes:

**Monday Movers** – Physical literacy / skills

**Tuesday Challenge** – Personal challenge

**Wednesday Workout** – Links to numeracy and literacy

**Thursday Thinking** – Problem solving

**Friday Fun** – Virtual competition

The first edition will focus on Golf and will be sent to schools this Friday, ready for use on week commencing Monday 27<sup>th</sup> April.



## Just for fun

After all that exercise, why not relax your body and test your brain with a puzzle or two.

## Curriculum Sports Word Game

Below is a list of sports to be covered by our new PE and Home Curriculum Resource. Can you place the sports in the correct location on the word grid?

4 letters

Golf

6 letters

Boccia

Tennis

7 letters

Cricket

Netball

8 letters

Football

9 letters

Athletics

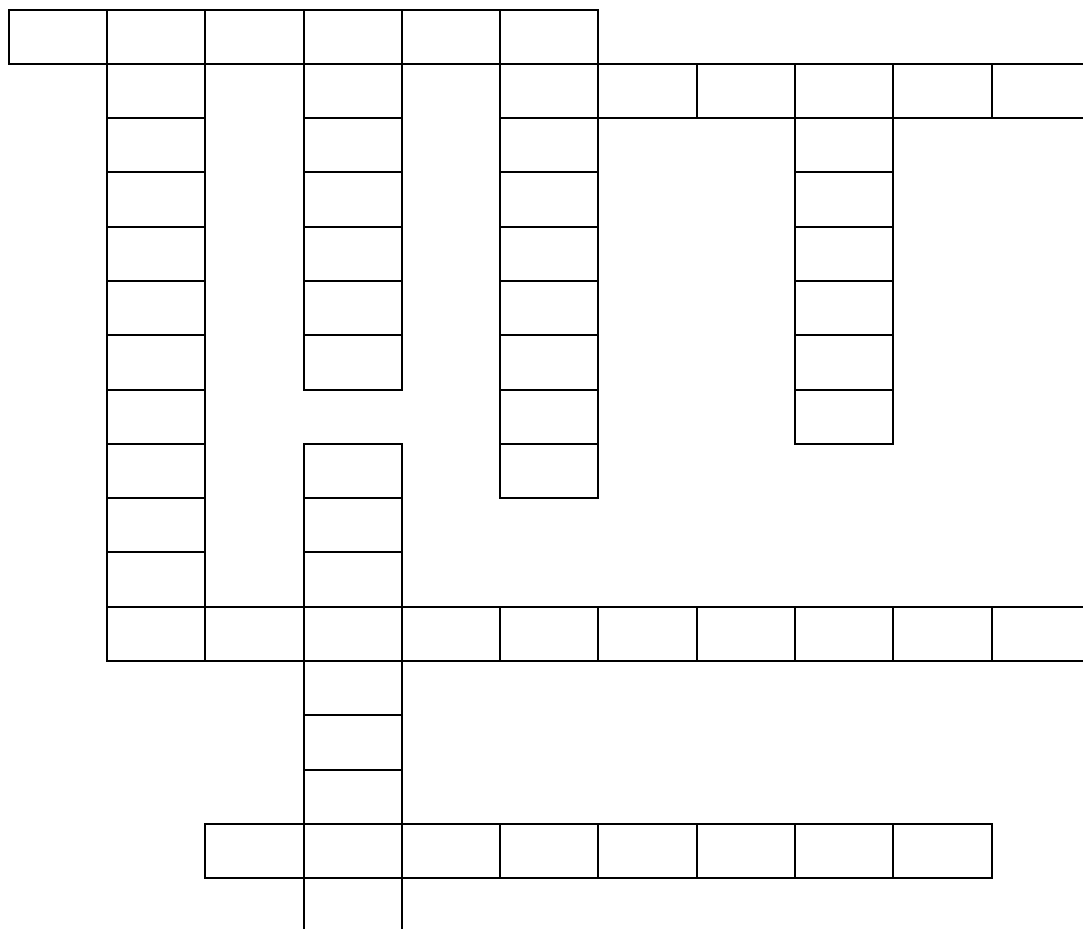
Badminton

10 letters

Gymnastics

12 letters

Orienteering





### Golf - Spot the Difference

Take a look at the two pictures below, can you spot the 5 differences?

