

## Personal Challenge

Welcome back to Nottinghamshire's Sporting Superstars: Go for Gold Challenge. Each week brings a new **challenge** for all the young people of Nottinghamshire. This week's challenge is **#AroundtheWorld** – 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

## #AroundtheWorld



**Aim of the game:** To pass the object around your body as many times as you can in 30 seconds.

**How to play:** Find an object of your choice (ball, pair of socks or even a toilet roll) and pass it around your body (or legs) as many times as you can in 30 seconds. Record your first attempt and then try and beat it!

Watch the Video Example:

Around the body (easy) - [Click here](#)

Around the legs (hard) – [Click here](#)

**How to score:** 1 point for every successful pass around your body / legs.

**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:

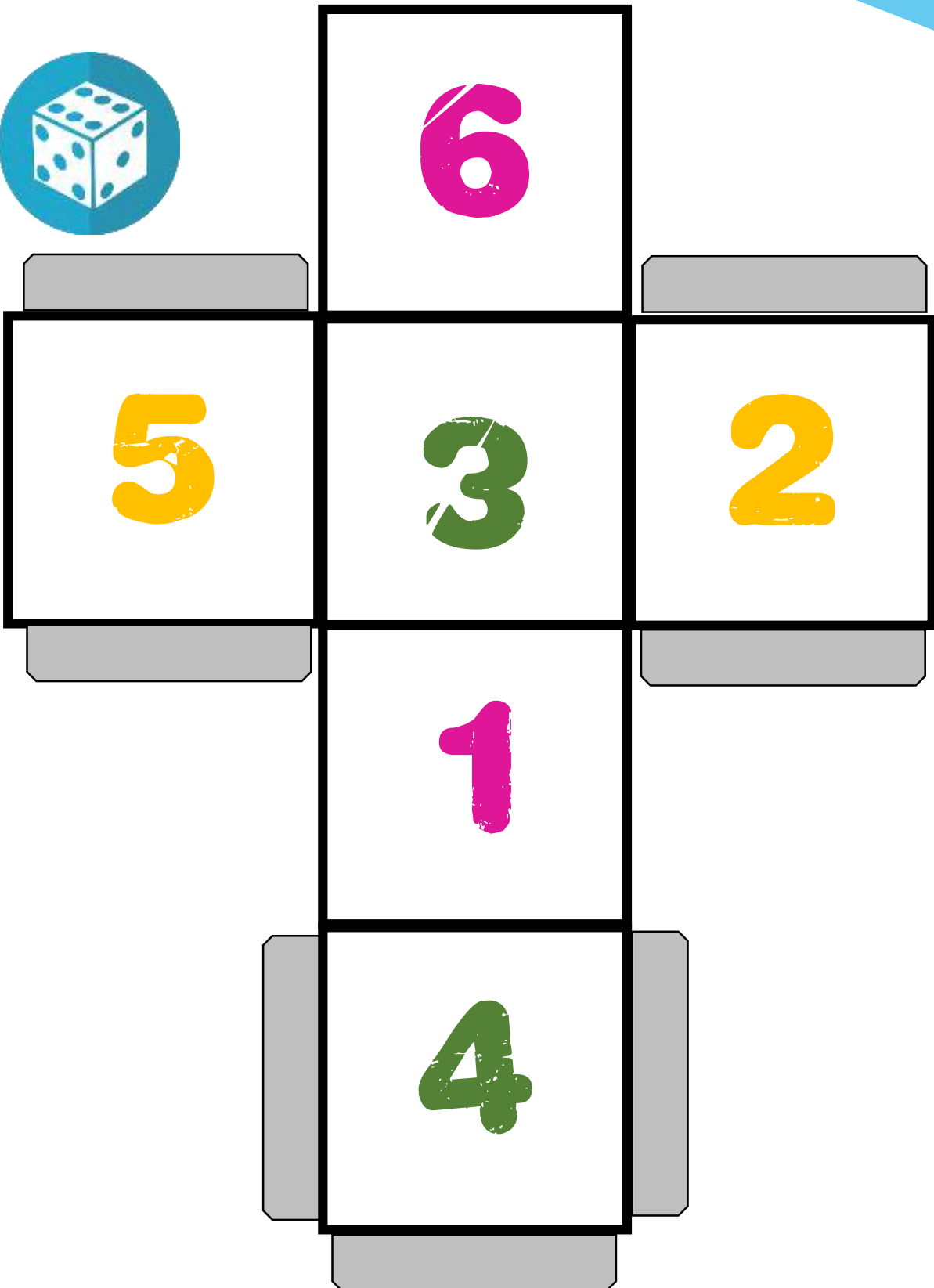
Remember to tag your tweet with **#AroundtheWorld and @GamesGedling**

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!**





## Curriculum Challenge – Golf

Below is an overview of this week's programme of activities for both primary and secondary age pupils. The full version of **Notts School Games #stayinworkout #stayhomestayactive** Golf themed resource is now available. If you've missed your copy and require a replacement email [t.elliott@theacademycartlon.org](mailto:t.elliott@theacademycartlon.org) Alternatively, follow [@GamesGedling](https://twitter.com/GamesGedling) on twitter where the daily activity cards will be available for all to see.

SPORT THEME

GOLF

PRIMARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

TUESDAY CHALLENGE

WEDNESDAY WORKOUT

THURSDAY THINKING

FRIDAY FUN

**Physical literacy/skills**

**Activity overview**  
Putting Accuracy  
Finders Keepers  
Dominoes  
Zone Ball

**Equipment needed**  
**Club:** bat, racket, flying pan, umbrella or homemade equivalent  
**Ball:** small ball, tin ball or rolled up socks  
**Markers:** shoes, cereal boxes, tin cans or plant pots  
**School Games value focus:** Determination

**Personal challenge**

**Activity overview**  
Create a Golf Course around the home - Create a mixture of par three, four and five holes

**Equipment needed**  
**Club:** bat, racket, flying pan, umbrella or homemade equivalent  
**Ball:** mug, bowl or saucerpan  
**Ball:** small ball, tin ball or rolled up socks  
**Obstacle:** books, food tins  
**School Games value focus:** Honesty

**Links to numeracy/literacy**

**Activity overview**  
Physical & mental well-being  
Golf skills workout  
Golf Bingo

**Equipment needed**  
**Club:** bat, racket, flying pan, umbrella or homemade equivalent  
**Ball:** small ball, tin ball or rolled up socks  
**Skills:** shoes, cereal boxes, tin cans or plant pots  
**School Games value focus:** Self-Belief

**Problem-solving**

**Activity overview**  
Putting Distance Control  
Challenges  
Tunnel Ball, Building Bridges, Cliffhanger

**Equipment needed**  
**Club:** bat, racket, flying pan, umbrella or homemade equivalent  
**Ball:** small ball, tin ball or rolled up socks  
**School Games value focus:** Respect

**Virtual competition**

**Activity overview**  
Design and draw a nine-hole golf course. It could be the course you used on Tuesday. The crazier, the better! When complete, submit your entry to the competition [here](#) before **11am Friday 8th May 2020**. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw  
**Equipment needed:** Paper, pencils/yo-yos, computer (optional)  
**School Games value focus:** Passion

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN



active.notts

For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page. active.notts and the state cannot be responsible for any risk associated with activities suggested. Please [click here](#) for more details.

SPORT THEME

GOLF

SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

TUESDAY CHALLENGE

WEDNESDAY WORKOUT

THURSDAY THINKING

FRIDAY FUN

**Physical literacy/skills**

**Activity overview**  
Putting/Chipping Accuracy  
Lockdown Knockdown  
Run the Gauntlet  
Call the Shots

**Equipment needed**  
**Club:** bat, racket, hockey stick, umbrella or homemade equivalent  
**Ball:** small ball, tin ball, tin can or rolled up socks  
**Markers:** buckets, containers, cereal boxes or plant pots  
**School Games value focus:** Determination

**Personal challenge**

**Activity overview:**  
Create a golf course around the home  
Create a mixture of Par three, four and five holes

**Equipment needed**  
**Club:** bat, racket, hockey stick, flying pan, umbrella or homemade equivalent  
**Ball:** mug, bowl or saucerpan  
**Ball:** small ball, tin ball, tin can or rolled up socks  
**Obstacle:** Books, food tins  
**School Games value focus:** Honesty

**Links to numeracy/literacy**

**Activity overview**  
Physical & mental well-being  
FE4 Golf  
Target score

**Equipment needed**  
**Club:** bat, racket, hockey stick, flying pan, umbrella or homemade equivalent  
**Ball:** small ball, tin ball, tin can or rolled up socks  
**Skills:** shoes, cereal boxes, plastic bottles or plant pots  
**School Games value focus:** Self-Belief

**Problem-solving**

**Activity overview**  
Putting Distance Control  
Challenges  
Tunnel Ball, Building Bridges, Cliffhanger

**Equipment needed**  
**Club:** bat, racket, hockey stick, flying pan, umbrella or homemade equivalent  
**Ball:** small ball, tin ball, tin can or rolled up socks  
**School Games value focus:** Respect

**Virtual competition**

**Activity overview**  
Design and draw a nine-hole golf course. It could be the course you used on Tuesday. The crazier, the better! When complete, submit your entry to the competition [here](#) before **11am Friday 8th May 2020**. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw  
**Equipment needed:** Paper, pencil, crayons, computer (optional)  
**School Games value focus:** Passion

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN



active.notts

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## Just for fun

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

## Name that sport

School Games works in partners with over 40 different National Governing Bodies (NGB) to bring schools game ideas and resources across a wide range of sports. Below are 12 logos, can you work out which sport each represents?



## Football - Spot the Difference

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

