

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 **#GedlingVSG** – we invite you to have a go, record your scores and earn rewards.

Anyone completing 2 weekly challenges will be awarded a BRONZE WRISTBAND

Anyone completing 5 weekly challenges will be awarded a SILVER WRISTBAND

Anyone completing 8 weekly challenges will be awarded a GOLD WRISTBAND

#GedlingVSG

This week @GedlingGames has teamed up with Next Level Sport and Ashfield SG to offer a unique family competition called 'Virtual School Games'.

We invite you to take part in 5 events: Speed Bounce, 5 x 2m Shuttle Sprint, Target Throw, Standing Long Jump and Obstacle Run. Compete against your household or in school as part of the Nottinghamshire's Sporting Superstars: Go for Gold Challenge. By taking part in this challenge you will be earning participation points for your school. The school with the most participation points at the end of this challenge will win £150 towards sports equipment, plus a free Next Level Sports PE or Enrichment Activity.

Activity 1 – Speed Bounce



Aim of the game: To jump over the socks as many times as possible in 20 secs.

How to play: Place 2 socks in a line. Complete as many two footed jumps as possible in 20 secs. If you touch the socks or don't land on two feet that jump cannot be counted.

Click on the image to view the video

How to score: Count your jumps and record the score.

Activity 2 – 5 x 2m Shuttle Sprint



Aim of the game: To complete 5 sprints as fast as you can

How to play: Place 2 markers 2m apart. Complete 5 sprints as fast as you can (there and back = 1). Stay facing forward.

Click on the image to view the video

How to score: Time your run and record the score.

Activity 3 – Target throw



Aim of the game: Hit and collect all three targets as fast as you can.

How to play: Place 3 targets 2m away. Throw a pair of socks at each. If you hit the target run to collect both the socks and target. If you miss the target collect the socks and try again.

Click on the image to view the video

How to score: Time how long it takes to hit and collect all three targets and record the score.

Activity 4 – Standing Long Jump



Aim of the game: Jump as far as you can from a standing start

How to play: Make a start line. Jump as far as you can from a standing start, using a two feet to two feet jumping action.

Click on the image to view the video

How to score: Measure your jump and record the score.

Activity 5 – Obstacle run



Aim of the game: To run the obstacle course 3x as fast as you can

How to play: Place 2 markers 2m apart, with 1 sock at 1m and 1 at the end. Run to the middle, jump the sock 3x (forward and back). Run to the end, Speed Bounce 3x. Sprint back. Repeat 3x.

Click on the image to view the video

How to score: Time your run and record the score.

How to record and submit your results: Simply time or measure your scores for each of the 5 events and write them on the score sheet provided. Using the award sheet, work out how many points you earned for each event.

The family member with the highest overall points is the winner!

Once you have completed the challenge email your results to t.elliott@theacademycarlton.org so that your information can be added to your school's participation points total.

Good Luck and get competing!

Curriculum Challenge – Athletics

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** Athletics themed resource is now available. If you've missed your copy and require a replacement email 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

ATHLETICS

PRIMARY

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

MONDAY MOVERS

Physical Strength/Walks

Activity overview
On Your Marks, Set, Go Obstacle Course

Equipment needed

- Timer
- Markers, e.g. toilet roll, shoes, beakers
- Obstacles, e.g. teddy bear

School Games value focus
Honesty
Self Belief

TUESDAY CHALLENGE

Personal challenge

Activity overview
Speed Bounce Challenge
Jump for Distance

Equipment needed

- Rolled up towel or cereal box
- Stopwatch/mobile phone
- Socks, tea towels or towels to jump over
- A tape measure or piece of string

School Games value focus
Honesty

WEDNESDAY WORKOUT

Links to homework/library

Activity overview
Wiggle Wednesday

Equipment needed

- Soft toys or similar objects for markers
- Stopwatch/mobile phone

School Games value focus
Self Belief

THURSDAY THINKING

Problem solving

Activity overview
Head, Shoulders, Knees and Toes Target Throw

Equipment needed

- Targets of different sizes, such as a piece of paper, plastic plate, washing up bowl, bin
- 5 x throwing items - Crumpled balls of paper/ socks
- Markers e.g. toilet roll, shoes, beakers

School Games value focus
Self Belief
Determination

FRIDAY FUN

Virtual competition

Activity overview
Home Pentathlon / Design Your Own Pentathlon

Enter by submitting a film clip, a drawing or any other way you can think of, to www.active.notts.org.uk/forms/entries before 5pm on Friday 12th June 2020

Equipment needed

- Stopwatch/mobile phone
- Tape measure
- Laundry basket or similar target
- Three pairs of rolled up socks
- Sticky tape, objects to use as marker, internet & printer (not essential)

School Games value focus
Self Belief
Passion

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

For additional challenges and ideas on how to keep physically active visit the Active Notts active.notts.org.uk or your School Games Organiser page. Active Notts and the Notts Council are responsible for any risk associated with activities suggested. Please risk assess for more details.

SPORT THEME

ATHLETICS

SECONDARY

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

MONDAY MOVERS

Physical Strength/Walks

Activity overview
On Your Marks Set Go Five Metre Sprint

Race against the fastest athletes in the world

Equipment needed

- Timer
- Markers (toilet roll, shoes, beakers)

School Games value focus
Self Belief

TUESDAY CHALLENGE

Personal challenge

Activity overview
Speed Bounce
Jump for Distance

Equipment needed

- Rolled up towel or cereal box
- Stopwatch/mobile phone
- Soft toys, or similar to use as markers

School Games value focus
Honesty

WEDNESDAY WORKOUT

Links to homework/library

Activity overview
Race Walking

Equipment needed

- Soft toys or similar objects for markers
- Stopwatch/mobile phone

School Games value focus
Self Belief

THURSDAY THINKING

Problem solving

Activity overview
Vertical Power Jump
Target Throw

Equipment needed

- Markers, ruler, tape measure or a marker to measure the distance you have jumped
- Five throwing items
- Targets of different sizes, such as a piece of paper, plastic plate, washing up bowl, bin, cricket stumps

School Games value focus
Determination

FRIDAY FUN

Virtual competition

Activity overview
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Curriculum Challenge – #This is PE

Yorkshire Sport Foundation and leading national organisations, including afPE, have created a series of videos designed to help parents teach PE at home. Each video focuses on a different aspect of the National Curriculum offering children and young people an opportunity to continue their skill development while away from school. Below are videos ten, eleven and twelve from the series - click on an individual picture to view that lesson. To view the whole collection click [here](#)



Just for fun

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

Notts School Games PE@Home Themes Wordsearch

Notts School Games PE@Home resource has focused on 5 theme sports so far.

They are: **GOLF**, **FOOTBALL**, **NETBALL**, **ORIENTEERING** and **ATHLETICS**.

Can you find the sports covered in the grid below?

Look again and see if you can spot the names of some of the the sports still to be covered.

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

Bee Netball Stingers – Spot the Difference

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

