

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 **#4Socks** – 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

#4Socks



Aim of the game: A speed challenge, that tests both your sprinting skills and throwing accuracy.

What you need: You will need 4 pairs of socks rolled into balls, a t-shirt and 4 flat items. Spread the flat items out in a line approx. 2.5m from the t-shirt and place the socks on the t-shirt. Ask a helper to time your challenge.

How to play: Start behind the flat items facing the t-shirt, on the timer's signal, sprint towards the t-shirt, collect a pair of socks, sprint back and place these on one of the flat items. Repeat until all the socks have been moved. The t-shirt now becomes a target and you must throw the socks back onto the target one at a time. Watch the video [here](#)

How to score: Time how long it takes to complete the whole task. Add on any penalties - add 1 sec to your time for every pair of scores that missed the t-shirt target.

How to record and submit your results: Time how long it takes, add on any penalties 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 **#4Socks** and **@GamesGedling**





































































































If you don't have access to twitter simply email your results to 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

This week's Fitness Challenge is Fitness Snakes and Ladders which I've once again borrowed from [@InspireGirvan](#). If your family doesn't have time to play, why not challenge a friend and set up a virtual game.

 You did it!	99  10 Jumping Jacks	98  20 Second Elbow Plank	97  5 Push Ups	96  20 Second Fast Feet	95  5 Deep Breaths	94  Water Break	93  20 Second Fast Feet	92  10 Hop On The Spots	91  20 Second Fast Feet
81  Water Break	82  30 Second Free Move	83  10 Deep Breaths	84  15 Second Fast Feet	85  8 Jumping Jacks	86  15 Second Elbow Plank	87  30 Second Free Move	88  Water Break	89  20 Second Elbow Plank	90  5 Deep Breaths
80  8 Windmills	79  Water Break	78  15 Second Elbow Plank	77  6 Jumping Jacks	76  Water Break	75  6 Windmills	74  20 Second Fast Feet	73  15 Second High Knees	72  10 Jumping Jacks	71  Water Break
61  Water Break	62  10 Hop On The Spots	63  20 Second Fast Feet	64  4 Shoulder Taps	65  6 Windmills	66  30 Second Free Move	67  15 Second Toe Touch	68  15 Second Fast Feet	69  5 Sit Ups	70  6 Windmills
60  20 Second Fast Feet	59  6 Lunges	58  10 Jumping Jacks	57  Water Break	56  15 Second Elbow Plank	55  8 Windmills	54  Water Break	53  5 Deep Breaths	52  15 Second Toe Touch	51  20 Second Fast Feet
41  4 Burpees	42  20 Second High Knees	43  Water Break	44  8 Windmills	45  4 Shoulder Taps	46  10 Hop On The Spots	47  20 Second Fast Feet	48  10 Jumping Jacks	49  Water Break	50  15 Second High Knees
40  10 Jumping Jacks	39  10 Second Fast Feet	38  30 Second Free Move	37  5 Deep Breaths	36  20 Second Fast Feet	35  Water Break	34  6 Windmills	33  15 Second High Knees	32  6 Windmills	31  30 Second Free Move
21  20 Second Elbow Plank	22  6 Jumping Jacks	23  10 Second Toe Touch	24  5 Hop On The Spots	25  4 Push Ups	26  15 Second Elbow Plank	27  4 Shoulder Taps	28  6 Jumping Jacks	29  8 Squats	30  10 Hop On The Spots
20  3 Push Ups	19  Water Break	18  20 Second Fast Feet	17  5 Deep Breaths	16  Water Break	15  10 Jumping Jacks	14  2 Burpees	13  Water Break	12  4 Shoulder Taps	11  6 Squats
 Start	2  10 Jumping Jacks	3  30 Second Free Move	4  6 Hop On The Spots	5  10 Second Elbow Plank	6  Water Break	7  20 Second Fast Feet	8  8 Deep Breaths	9  8 Jumping Jacks	10  Water Break

Curriculum Challenge – Football

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** Football 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

FOOTBALL

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
Dribbling development - Improve your dribbling skills
Passing development - Improve the accuracy of your passing

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, homemade paper ball, or balloon
Objects to go round: water bottles, cones, shoes, clothes, or saucapans, plant pots, cereal boxes

School Games value focus
Self-belief

Personal challenge

Activity overview
Keep-up challenge - How many kick-ups can you do?
In it to bin challenge - Shoot the ball into a target in the least number of attempts

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, homemade paper ball, or balloon
Target: Bin, washing basket

School Games value focus
Honesty

Links to memory/fluency

Activity overview
Circuit training - Complete the multiple station workout (All stations can be completed in the same location)

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, homemade paper ball, or balloon

School Games value focus
Determination

Problem-solving

Activity overview
Beat the object - Get past the object in as few touches as possible
Eye on the ball and summing-up activity sheets - Work out the challenges set on the app appropriate activity sheets

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, homemade paper ball, balloon
Large object: Bin, chair, saucapan, wash basket, or plastic bowl
Activity sheets: paper and pen

School Games value focus
Determination and Honesty

Virtual competition

Activity overview
Design your own football kit and/or show us your best football trick (you can enter one, or both competitions). When complete, submit your entry to the competition [here](#) before 5pm Friday 15th 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 and colouring pencils, Football (or rolled-up socks, tennis ball, homemade paper ball, or balloon)

School Games value focus
Passion and determination

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

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 SSP cannot be responsible for any accidents associated with activities suggested. Please [click here](#) for more details.

SPORT THEME

FOOTBALL

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
Dribbling development - Improve your dribbling skills
Passing development - Improve the accuracy of your passing

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, home made paper ball, balloon
Objects to dribble around: Socks, cones, shoes, clothes, saucapans

School Games value focus
Self-belief

Personal challenge

Activity overview
Keep-up challenge - How many kick-ups can you do?
In it to bin challenge - Shoot the ball into a target in the least number of attempts

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon
Target: Bin, or washing basket

School Games value focus
Honesty

Links to memory/fluency

Activity overview
Circuit training - Complete the ten station workout (All stations can be completed in the same location)

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon

School Games value focus
Determination

Problem-solving

Activity overview
Beat the object - Get past the object in as few touches as possible
Quiz - Test your football knowledge by completing the quiz

Equipment needed
Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon
Large object: Bin, chair, saucapan, wash basket, or plastic bowl
Quiz: Paper and pen

School Games value focus
Determination and Honesty

Virtual competition

Activity overview
Design your own football kit and/or show us your best football trick (you can enter one, or both competitions). When complete, submit your entry to the competition [here](#) before 5pm Friday 15th 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 & colouring pencils, computer (optional)
Football (or rolled-up socks, tennis ball, home made paper ball, or balloon)

School Games value focus
Passion and determination

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

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 SSP cannot be responsible for any accidents associated with activities suggested. Please [click here](#) for more details.

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 the first, three videos 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.

Decode the secret message

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut. Decode the message below to find out how you can get involved.

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

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

W	L	D	M	O	L	Z	W		G	S	V	

G	L	K	B	Z	!		Z	X	G	R	E	V

Z	K	K

G	B	K	V		R	M		G	S	V

R	M	E	R	G	V		X	L	W	V

G	Z	P	V		L	M		G	S	V

X	S	Z	O	O	V	M	T	V

Invite code:

23880

Boccia - Puzzle

Click on the image below to access an on-line puzzle. Alternatively, print this page, cut out the squares and solve the puzzle. If you're feeling competitive why not create two puzzles and challenge a friend to see who can put it together fastest.

