

For additional challenges and ideas on how to keep physically active visit www.thessp.org.uk @thessp_er

THE SCHOOL SPORT PARTNERSHIP

PRIMARY

ATHLETICS

THIS RESOURCE HAS BEEN PRODUCED
USING RESOURCES AND IDEAS FROM

#stayinworkout
#stayhomestayactive

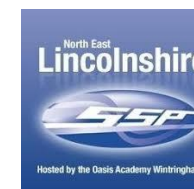


<http://www.sportshall.org/homepentathlon>

RESOURCE PRODUCED
IN PARTNERSHIP WITH



THE SCHOOL
SPORT
PARTNERSHIP



PRIMARY

ATHLETICS

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

THE SCHOOL SPORT PARTNERSHIP

MONDAY MOVERS

! Personal challenge

Activity overview
20 x 5 metre
Shuttle Run

Equipment needed

- ✓ 4 Markers to identify the 5 metre distance
- ✓ 1 tape measure
- ✓ Stopwatch or other alternative.

School Games value



TUESDAY CHALLENGE

! Links to numeracy/literacy

Activity overview
Standing Long Jump

Equipment needed

- ✓ 1 tape measure

School Games value



WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview
Vertical Jump

Equipment needed

- ✓ 1 tape measure or long ruler.
- ✓ Sticky tape, sticky tac or chalk (optional)

School Games value



THURSDAY THINKING

! Personal challenge

Activity overview
Speed Bounce

Equipment needed

- ✓ **Stopwatch or other alternative.**
- ✓ **Soft wedge item such a kitchen roll or rolled up towels.**

School Games value



FRIDAY FUN

! Personal challenge Virtual competition

Activity overview
Target Throw

Equipment needed

- ✓ **3 soft items to throw.**
- ✓ **1 target such as washing basket or cardboard box.**

School Games value



We encourage everyone in the household to take part in the challenges (where possible) but all activity must take place under adult supervision, ensuring;

- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around the activity.

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN

EAST RIDING SSP (WEST)
hosted by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP



PRIMARY

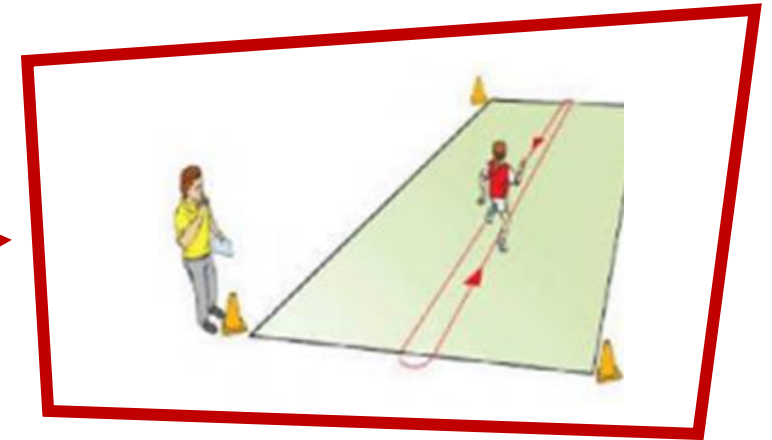
ATHLETICS

MONDAY MOVERS



30mins

! Personal Challenge



ACTIVITY

20 x 5m Shuttle Run

- PLEASE USE A FLAT, DRY SURFACE.
- Set up a distance of 5 metres marked at either end using cones or an alternative mark (pegs, tape, tins, shoes....) to create the running lane.
- Ask a family member to set you off using the commands 'on your marks' and 'go'.
- Each participant runs the 5 metres a total of 20 times to complete 100m.
- Turn with one foot between the marker cones
- A handheld stopwatch, smart phone or tablet can be used to record the time.
- The person timing stops the watch when the participant crosses the finish line.
- Rest and repeat to see if you can improve your personal best score.

MAKE IT EASIER...

Reduce the distance covered i.e. run 5m a total of 16 times to cover the distance of 80 metres.
Replace the 'run' with a 'power walk'.

MORE OF A CHALLENGE

Run a star shuttle, using 5 cones that are 5 metres away from a central point. Visit 1 cone and return to the central point, then repeat for cone 2, 3, 4, and 5. Repeat the whole process to cover 100m.
Complete the 100m using different ways of travel such as skipping.

MAKE IT INCLUSIVE

This could be adapted to for wheelchair or powered chair users by making the turning space larger. Number of repetitions could be reduced if required.

LEAD OTHERS

Encourage family members to join and encourage each other in the challenge. How long will it take for your household to complete the challenge?

EQUIPMENT NEEDED

- 4 Markers to identify the 5 metre distance
- 1 tape measure
- Stopwatch or other alternative.



How can you demonstrate teamwork throughout this challenge?

PRIMARY

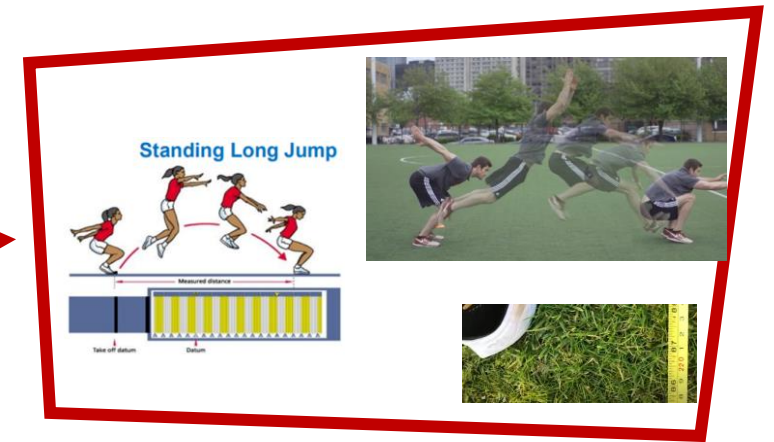
ATHLETICS

TUESDAY
CHALLENGE



30mins

! Links to numeracy/literacy



ACTIVITY

Standing Long Jump

- PLEASE USE A FLAT, DRY SURFACE.
- Get Ready. You don't run on the approach to a standing long jump, you start from a complete stop.
- Explode Forward. After a few preparatory squats to get your rhythm, begin your jump. ...
- The participant should start from a standing position in line with "0" on the tape measure.
- Jump as far as possible landing on two feet. The participant must start on two feet and land on two feet.
- You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

MAKE IT EASIER...

Jumpers may need to start with a one footed take-off and two footed landing.

MORE OF A CHALLENGE

Try to complete two consecutive standing long jumps, provided you have enough safe space.

MAKE IT INCLUSIVE

Wheelchair users could complete the challenge with one handed push and measure the distance, or how far can the powered chair user travel in 3 seconds?

LEAD OTHERS

Let children be creative and introduce their own safe jumping distance challenges.

EQUIPMENT NEEDED

- 1 tape measure



How can you demonstrate self belief throughout this challenge?

PRIMARY

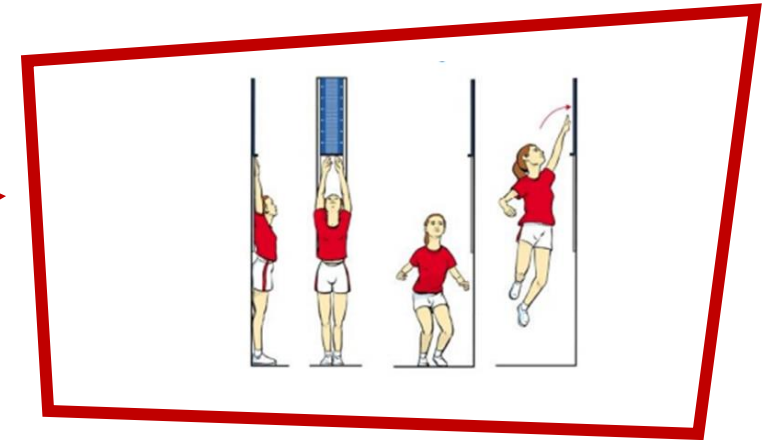
ATHLETICS

WEDNESDAY
WORKOUT



30mins

! Links to numeracy/literacy



ACTIVITY

Vertical Jump Challenge

- The participant stands with their back and heels touching the wall.
- Both arms should be stretched upwards fully and legs straight. Mark this on the wall as the 'stretched height'. This can be done with sticky tape, sticky tac, or chalk.
- Turn side on, move 20cm away from the wall, jump and touch the wall at the highest point. If you use sticky tape you can jump and try to stick the tape on the wall at the highest point.
- Stretch up with your finger tips and keep your head up when jumping.
- Use a long ruler or tape measure the difference between the finger tips when stretched up mark and the jump height achieved.
- To make it easier to see the heights achieved, consider chalk dust on the participants fingers to be able to see the finger tip prints on the wall. External walls only!

MAKE IT EASIER...

Complete three attempts and take the 'mean' or average score.

MORE OF A CHALLENGE

Turn side on to the wall for the jump height with the 'non-dominant' hand making contact with the wall.

MAKE IT INCLUSIVE

The tape measure or ruler can be zeroed with the top of the arm rest of a wheelchair and the participant encouraged to reach as high as possible.

LEAD OTHERS

If the height is too tall for you to measure ask an adult in the household to measure for you.

EQUIPMENT NEEDED

- 1 tape measure or long ruler
- Sticky tape, sticky tac or chalk (optional)



How can you demonstrate determination throughout this challenge?

PRIMARY

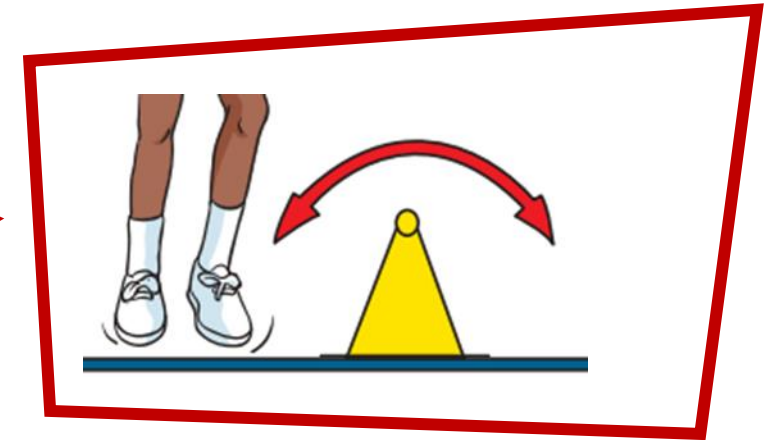
ATHLETICS

THINKING THURSDAY



30mins

! Personal Challenge



ACTIVITY

Speed Bounce

- All participants should wear suitable shoes that are fastened securely. Please use a flat, dry surface.
- The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.
- Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously (together) and land on the mat or floor simultaneously (together)
- All you need is a stopwatch, phone or tablet and a soft item – kitchen roll or rolled up towels, hose pipe, or a trainer are all examples of what can be used as an alternative wedge.

MAKE IT EASIER...

Reduce the height of the wedge or simply use a line on the floor.

MORE OF A CHALLENGE

Try other soft items as the wedge. How does the affect the score you achieve?

MAKE IT INCLUSIVE

Two parallel lines 2.5m apart are placed on the floor. The participant should then move and touch the two lines with both the front wheels of the chair in a set time. Or a participant's can step from side to side, placing both feet, or one foot, onto each line.

LEAD OTHERS

Encourage family members to join and encourage each other in the challenge.

EQUIPMENT NEEDED

- Stopwatch or other alternative.
- Soft wedge item such a kitchen roll or rolled up towels.



How can you demonstrate passion throughout this challenge?

PRIMARY

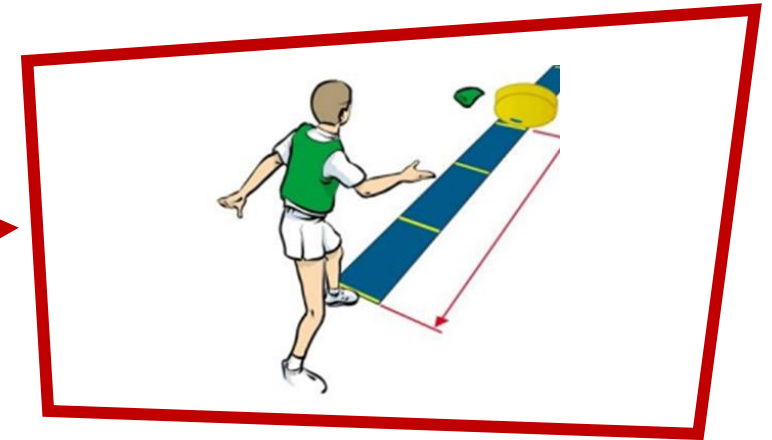
ATHLETICS

FRIDAY FUN



30mins

! Personal Challenge



ACTIVITY

Target Throw

- The participant stands behind a line and throws three items into the target placed at 3 metres
- The target is then moved to 5 metres and the process is repeated.
- 4 points if the item lands in the target.
- 2 points if the item bounces out of the target or if the item touches the floor before the target.
- Tennis Balls, Rolled up socks or small soft toys can be used.
- A washing basket, paper bin, cardboard box or dog basket are example target items.

MAKE IT EASIER...

- Increase the size of the target item.
- Move the target item closer than 3m or 5m
- Put more than one target item at each distance.

MORE OF A CHALLENGE

- Decrease the size of the target item.
- Move the target item further than 3m or 5m
- Add additional scoring distances at 7m and 9m if space is available.
- Put targets at the same distance but at different heights above the ground using a wall or a table or a chair

MAKE IT INCLUSIVE

The Target Drop can be used for participants with severe mobility problems gradually moving them away from the target after each success to record improvement.

LEAD OTHERS

Encourage family members to join and set own challenges.

EQUIPMENT NEEDED

- 3 soft small items
- 1 target item such as bin or washing basket.



How can you demonstrate honesty throughout this challenge?

VIRTUAL CHALLENGE

If you have enjoyed this week's challenges, why not look at the Sportshall Home Pentathlon. Good Luck.

<http://www.sportshall.org/homepentathlon>