



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Athletics
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Challenge 1 Title	Speed Bounce
Challenge Description	Roll up a towel to create a wedge, and stand on one side. Jump side to side, over the towel, making sure that both feet land on the other side to count. Repeat this, jumping back and forth. How many jumps can you do in 30 seconds ?
Scoring	Count each time both feet land on the other side of the towel. How many jumps can you do in 30 seconds ?
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	If no towel is available, then a rolled up t-shirt, or a line of shoes, will work perfectly.
Adaptation for Inclusivity	Instead of using a rolled-up object, athletes can jump over a flat marker. If the two footed jump is unsuitable, try stepping from one side of the marker to the other and back. Wheelchair users can perform side to side touches to each side of the wheelchair.
Coaching Tips	<ol style="list-style-type: none">1. Try to get into a rhythm when performing the jumps2. Use your arms to help generate momentum and to aid balance3. Remember it is a side to side jump, not vertical, so jumping too high over the wedge will slow you down

Submit your scores at www.sussexschoolgames.co.uk before midday (12pm) on Friday.



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Challenge 2 Title	Agility Shuttles
Challenge Description	<p>You will need 5 pairs of rolled up socks in a pile at a starting marker. Place an A4 piece of paper (or something of an equivalent size) as a target, 5 metres from the starting marker.</p> <p>You will need to take each pair of socks, one at a time, from the pile and place it on the target. After placing your final pair of socks on the target, you will need to sprint back past your starting marker to complete the challenge.</p> <p>Your socks must stay on the target to count.</p> <p>How quickly can you place all of the items on the target?</p>
Scoring	<p>The stopwatch starts when you pick up your first pair of socks, and stops when you return to the starting marker after placing your final pair of socks on the target.</p> <p>Record your time in whole seconds, to the nearest second.</p> <p>How quickly can you place all of the items on the target?</p> <p>Your time will be ranked against other competitors at the end of the competition, and you will be awarded points depending on your position. The top 10% in each category will be awarded 60 points, 11-20%: 57 points etc.</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	<p>If you have limited space, you can reduce the distance to 2.5 metres, and use 10 pairs of socks (or similar).</p> <p>If no tape measure or ruler is available, then an A4 piece of paper is approx. 30cm in length, or an adult's large stride is about 1 metre.</p> <p>If you don't have a piece of A4 paper for the target, then any item of a similar size is perfect.</p>
Adaptation for Inclusivity	<p>You can walk, jog or run, or perform the challenge in a wheelchair or on crutches. The target can be raised on a chair or table.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Drive low, pump your arms and lift your knees between the cones2. Turn sharply and accurately, and accelerate away

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Challenge 3 Title	Standing Long Jump
Challenge Description	<p>Stand behind a take-off line, such as a skipping rope or the edge of a patio.</p> <p>From a still, standing position, take off on 2 feet, jumping as far as you can before landing on both feet.</p> <p>How far can you jump?</p>
Scoring	<p>The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels, or hands/ bottom if you fall back).</p> <p>How far can you jump? Record your distance to the nearest whole centimetre.</p> <p>You will be awarded points based on your distance.</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	If no tape measure or ruler is available, then an A4 piece of paper is approx. 30cm in length.
Adaptation for Inclusivity	<p>If jumping is not suitable, then children can take a large stride.</p> <p>Wheelchair users could see how far they can roll on a flat surface with one push of their arms.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Swing the arms and bend the knees to help provide forward drive2. Look up whilst jumping3. Land with knees bent to cushion the landing

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Challenge 4 Title	Mini-Marathon
Challenge Description	<p>With restrictions being eased, this challenge will cover a longer distance to test your stamina and endurance.</p> <p>Plot a safe 1km route. This could be a 50 metre circuit which you will complete 20 laps of, a 100 metre distance between two lamp posts which you will complete 10 lengths of, or you could plot a route using a GPS tracker, app or website. 1km is approximately 1350 steps when walking.</p> <p>Please ensure that you are accompanied by a parent, carer or teacher, and that safe social distancing is maintained.</p> <p>How quickly can you run or walk 1km? Please record your time in seconds, to the nearest whole second.</p>
Scoring	<p>How quickly can you run or walk 1km? Please record your time in seconds, to the nearest whole second.</p> <p>Your time will be ranked against other competitors at the end of the competition, and you will be awarded points depending on your position. The top 10% in each category will be awarded 60 points, 11-20%: 57 points etc.</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	Plan a safe route for the space that you have available. If you are unable to use the pavement, or to go to the park, you could plan a route in your garden, or around your home.
Adaptation for Inclusivity	This challenge can be performed in a wheelchair or on crutches.
Coaching Tips	<ol style="list-style-type: none">1. Take some time to warm up before starting your distance run2. Try to focus on keeping a consistent pace throughout

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Scorecard

Name	
School	
Year Group	
Sport	
Challenge 1 Score	
Challenge 2 Score	
Challenge 3 Score	
Challenge 4 Score	

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