



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Cricket & Stoolball
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Challenge 1 Title	Clap & Catch
Challenge Description	Throw a ball in the air, and clap your hands, before catching the ball again. How many times can you clap your hands whilst the ball is in the air?
Scoring	How many times can you clap your hands whilst the ball is in the air? You must catch the ball again for it to count.
Video Example	Click here for video example
Suggested Adaptations for Space/Equipment	If you don't have a ball, get creative and use a satsuma, rolled up socks, or any other similar object you can find.
Adaptation for Inclusivity	This challenge can be done sitting down or standing up.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Make sure that you are in the ready position, on the balls of your feet with knees bent. This will help you to move quickly if you need to.2. Watch the ball all the way back into your hands.3. Keep your hands together when performing the catch and make them as big/wide as possible (like an open book).

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



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Challenge 2 Title	Between the Wickets
Challenge Description	<p>Place 2 markers on the ground, 5 metres apart.</p> <p>Run between the markers, touching them with a bat before turning around.</p> <p>How many runs can you get in 20 seconds?</p>
Scoring	How many runs can you get in 20 seconds ?
Video Example	Click here for video example
Suggested Adaptations for Space/Equipment	<p>If you have limited space, you can reduce the distance by 50% to 2.5 metres. Remember to reduce your score by 50% too before submitting.</p> <p>Can't find a cricket or stoolball bat? You could use a frying pan, saucepan or something similar instead. Mark out the wickets using a pair of shoes or items of clothing. If you don't have a tape measure, one metre is roughly the same as one large adult stride.</p>
Adaptation for Inclusivity	This challenge can be performed in a wheelchair, crutches, or by shuffling on your bottom.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Run on the balls of your feet (just under your toes).2. Bend your knees and get your body low when you turn.3. Pump your arms as well as your legs when you run for extra speed.

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Challenge 3 Title	Balanced Batting
Challenge Description	<p>Whilst balancing a toilet roll on your head, hit a ball with a bat into the air, as many times as possible, without the ball hitting the floor or the toilet roll falling off of your head.</p> <p>How many times can you hit the ball?</p>
Scoring	<p>How many times can you hit the ball before the toilet roll falls off of your head, or the ball hits the floor?</p> <p>You will be awarded points, based on your score.</p>
Video Example	Click here for video example
Suggested Adaptations for Space/Equipment	<p>A rolled up pair of socks works perfectly as a ball.</p> <p>If you don't have a bat, a frying pan, book, or even just your hand will work perfectly.</p>
Adaptation for Inclusivity	<p>This challenge can be performed sitting down or standing up.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Stay in the ready position, on the balls of your feet with your knees bent. This will help you remain balanced when you need to move quickly.2. Watch the ball at all times.3. Keep your bat wrist and arm as strong as you can.4. You don't need to hit the ball too hard.

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Challenge 4 Title	Run Out
Challenge Description	<p>Place a cone, or a target of a similar size, on the ground, 3 metres in front of you.</p> <p>Throw a single ball, underarm or overarm, trying to hit the target.</p> <p>Ask a partner to stand behind the target to retrieve and return the ball to you as quickly as possible.</p> <p>How many times can you hit the target in 30 seconds?</p>
Scoring	How many times can you hit the target in 30 seconds ?
Video Example	Click here for video example
Suggested Adaptations for Space/Equipment	<p>Shoes make great alternatives to cones.</p> <p>If you don't have a ball, a rolled up pair of socks will work.</p> <p>If you are not able to use a partner, then place your target cone immediately next to a wall so that you can easily retrieve your ball between shots.</p>
Adaptation for Inclusivity	This activity can be performed sitting down or standing up.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Stand with your opposite foot forward (the other side to your throwing hand).2. Use your non-throwing hand to help you aim.3. Change when you release the ball to make it go higher or lower.4. Follow through with your throwing arm towards the target.

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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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