



Specsavers Virtual Sussex School Games 2020  
Sport Challenges

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

Submit your scores at [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk) before midday (12pm) on Friday.



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<b>Challenge 2 Title</b>	Between the Wickets
<b>Challenge Description</b>	<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 <b>20 seconds</b>?</p>
<b>Scoring</b>	How many runs can you get in <b>20 seconds</b> ?
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<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>
<b>Adaptation for Inclusivity</b>	This challenge can be performed in a wheelchair, crutches, or by shuffling on your bottom.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Run on the balls of your feet (just under your toes).</li><li>2. Bend your knees and get your body low when you turn.</li><li>3. Pump your arms as well as your legs when you run for extra speed.</li></ol>

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<b>Challenge 3 Title</b>	Balanced Batting
<b>Challenge Description</b>	<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><b>How many times can you hit the ball?</b></p>
<b>Scoring</b>	<p><b>How many times can you hit the ball</b> 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>
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<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>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be performed sitting down or standing up.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>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.</li><li>2. Watch the ball at all times.</li><li>3. Keep your bat wrist and arm as strong as you can.</li><li>4. You don't need to hit the ball too hard.</li></ol>

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<b>Challenge 4 Title</b>	Run Out
<b>Challenge Description</b>	<p>Place a cone, or a target of a similar size, on the ground, 3 metres in front of you.</p> <p>Throw a <b>single ball</b>, 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 <b>30 seconds</b>?</p>
<b>Scoring</b>	How many times can you hit the target in <b>30 seconds</b> ?
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<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>
<b>Adaptation for Inclusivity</b>	This activity can be performed sitting down or standing up.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Stand with your opposite foot forward (the other side to your throwing hand).</li><li>2. Use your non-throwing hand to help you aim.</li><li>3. Change when you release the ball to make it go higher or lower.</li><li>4. Follow through with your throwing arm towards the target.</li></ol>

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**Scorecard**

<b>Name</b>	
<b>School</b>	
<b>Year Group</b>	
<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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