



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Golf
Challenge 1 Title	Dominoes
Challenge Description	<p>Place 8 cones, or objects of a similar size, in a straight line behind one-another.</p> <p>Standing 2 metres from the nearest cone, roll the ball with a putter to try and hit the nearest cone (target at the front of the line).</p> <p>If you hit the cone, remove it and move on to the next cone. Your starting point does not move, so with each cone removed, the putt becomes longer.</p> <p>You should only use one ball, collecting it between shots.</p> <p>You must hit the cones in order, and can only remove it once you have successfully hit it.</p> <p>How many targets can you hit and collect in 1 minute?</p>
Scoring	<p>How many targets can you hit and collect in 1 minute?</p> <p>If you hit all 8 cones, you can earn bonus points for every 10 seconds you can save on the timer.</p> <p>Bonus Points:</p> <p>Hit all 8 within 41-50 seconds = 1 bonus point 31-40 seconds = 2 bonus points 21-30 seconds = 3 bonus points 11-20 seconds = 4 bonus points 1-10 seconds = 5 bonus points</p> <p>Maximum Score: 13 (8 points plus 5 bonus points)</p>
Video Example	Click here for video example

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



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Suggested Adaptations for Space/Equipment	<p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket, or any other suitable object you can find.</p> <p>A tennis ball, ping pong ball, or any small ball will work. If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.</p> <p>Shoes or tins are perfect alternatives for cones.</p>
Adaptation for Inclusivity	<p>This challenge can be done from a seated position, rolling the ball with your hands.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Stand sideways from the direction of the putt, with your feet about shoulder width apart2. Place the ball a comfortable distance away from your feet, in a central position3. Keep arms and wrists firm when you putt the ball



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Challenge 2 Title	Grand National
Challenge Description	<p>Roll up 5 towels to create fences, and place them on the ground in front of you. The first should be 1 metre from you, and then 1 metre apart from one-another.</p> <p>Chip the ball over the fences to score points. If your ball goes over the fifth fence then this is 0 points as it is out of bounds.</p> <p>You can use as many balls as you like, and a partner can retrieve the ball for you.</p> <p>How many points can you score in 30 seconds?</p>
Scoring	<p>Score from where the ball first bounces, not where it stops.</p> <p>1st fence = 1 point 2nd fence = 2 points 3rd fence = 3 points 4th fence = 4 points 5th fence = 0 points (out of bounds)</p> <p>How many points can you score in 30 seconds?</p>
Video Example	Click here for video example
Suggested Adaptations for Space/Equipment	<p>You can set up a tee to hit the ball off by placing the ball on top of something so it is slightly raised off the ground, for example a tennis ball on a cone.</p> <p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object to hit the ball with.</p> <p>Any small ball will do. If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.</p> <p>If you don't have 5 towels, a t-shirt, skipping rope, line of cones etc is fine.</p>
Adaptation for Inclusivity	<p>This challenge can be done from a seated position pushing or throwing the ball.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Brush the ground to get the ball into the air2. Make an equal swing back and forward ('Tick Tock')

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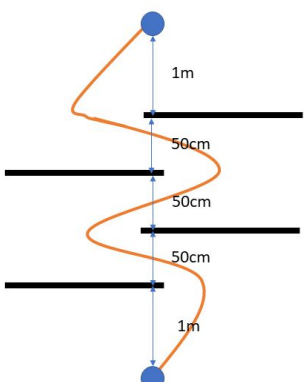


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Challenge 3 Title	Lockdown Knockdown
Challenge Description	<p>Place 4 objects (baked bean can size) in a line on a slightly raised area (such as a chair or bench) approximately 50cm off of the ground.</p> <p>Standing 3 metres away, chip the ball trying to hit the objects.</p> <p>You should only use one ball, and retrieve it between shots. You do not need to remove the target after hitting it, and can hit each target multiple times. If your targets fall over, you or a partner can replace them between shots.</p> <p>Make sure that your target objects aren't breakable, and that you are chipping away from windows, greenhouses etc.</p> <p>How many targets can you hit in 1 minute?</p>
Scoring	How many targets can you hit in 1 minute ?
Video Example	Click here for video example
Suggested Adaptations for Space/Equipment	<p>You can set up a tee to hit the ball off by placing the ball on top of something so it is slightly raised off the ground, for example a tennis ball on a cone.</p> <p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object.</p> <p>Any small ball will do. If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.</p>
Adaptation for Inclusivity	This challenge can be done from a seated position pushing or throwing the ball.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Brush the ground to get the ball into the air2. Make an equal swing back and forward ('Tick Tock')

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Challenge 4 Title	Crazy Golf
Challenge Description	<p>Set up 2 cones and 4 barriers (rolled up towels, skipping rope etc) as per the diagram below.</p>  <p>Starting from one cone, putt through the course and hit the other cone, in as few shots as possible.</p> <p>You must follow the course of the orange line in the diagram. You cannot chip over, or putt around the course.</p>
Scoring	<p>How many shots did you take?</p> <p>You will be awarded points based on the number of shots that you take.</p>
Video Example	<p>Click here for video example</p>
Suggested Adaptations for Space/Equipment	<p>If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object.</p> <p>Any small ball will do. If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.</p> <p>If you don't have 4 towels, a t-shirt, skipping rope, line of cones etc is fine.</p>
Adaptation for Inclusivity	<p>This challenge can be done from a seated position rolling the ball with your hands.</p>
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Stand sideways from the direction of the putt, with your feet about shoulder width apart 2. Stand a comfortable distance away from the ball, in a central position 3. Keep arms and wrists firm when you putt the ball



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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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