



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Gym & Fitness
--------------	---------------

Challenge 1 Title	Wall Sit
Challenge Description	Stand with your back flat against a wall, bend your knees and slide your back down the wall until your knees are at a 90 degree angle, as if you are sat on an invisible chair. How long can you hold this position?
Scoring	The stopwatch is started as soon as you are in position, and is stopped when your knees are no longer at a 90 degree angle. 1 point for each full 5 seconds held. How long can you hold this position for?
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	You don't need any special equipment or space for this challenge.
Adaptation for Inclusivity	In a seated position, raise your legs until they are straight out in front of you and see how long you can keep that position. This can also be performed by raising the arms instead of the legs
Coaching Points for Improvement	<ol style="list-style-type: none">1. Keep your heels on the floor, your head up and your back straight to strengthen your position2. Tensing your abdominal muscles (tummy muscles) will help keep you stable

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



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Challenge 2 Title	Stork Stand
Challenge Description	<p>Remove your shoes and place your hands on your hips. Standing on one leg, position the non-supporting foot against the inside knee of the supporting leg.</p> <p>Raise your heel to balance on the ball of your foot.</p> <p>How long can you hold this balance for?</p>
Scoring	<p>The stopwatch is started as the heel is raised from the floor.</p> <p>The stopwatch is stopped if any of the following occur:</p> <ul style="list-style-type: none">- your hands come off of your hips- your supporting foot swivels or moves (hops) in any direction- your non-supporting foot loses contact with your knee- the heel of your supporting foot touches the floor <p>Record your longest time to the nearest whole second.</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	You don't need any special equipment or space for this challenge.
Adaptation for Inclusivity	In a seated position take a rolled-up pair of socks, extend your arm straight out in front of you and balance the socks on the back (not the palm) of your hand
Coaching Points for Improvement	<ol style="list-style-type: none">1. Get yourself set and balanced before raising your heel to start the challenge2. Focus on a fixed point straight ahead of you3. Your head is heavy, so try to keep your head in line with your body and supporting leg



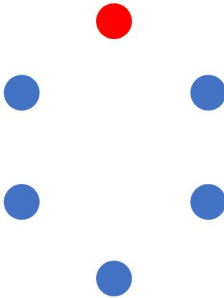
Specsavers Virtual Sussex School Games 2020
Sport Challenges

Challenge 3 Title	Dish & Dome
Challenge Description	<p>This is a test of core strength and skill repetition.</p> <p>Lie flat on the floor on your back, with your legs and arms stretched out (arms above your head), raise your arms and legs around 30cm off the floor so that you are in a 'dish' balance</p> <p>Twist to one side so that you roll over onto your stomach, keeping your arms and legs 30cm from the floor at all times. This is one transition.</p> <p>Now, reverse the movement so that you roll from your stomach onto your back, still keeping your arms and legs 30cm off of the floor. This is your second transition.</p> <p>Repeat these movements as many times as you can. How many transitions can you do in 30 seconds?</p>
Scoring	<p>Count each successful transition, from dish to dome OR dome to dish. So, a transition from dish to dome, and then back to dish, would count as two points.</p> <p>If the position is lost and either a hand or foot touches the floor, then the clock stops and it is the end of the challenge.</p> <p>How many transitions can you do in 30 seconds?</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	This can be performed indoors or outdoors in a safe space.
Adaptation for Inclusivity	This challenge can be done in a wheelchair, by rotating the chair 180 degrees to complete a transition.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Tense your abdominal muscles (tummy muscles)2. Try not to put your chin on your chest – imagine you're holding an orange under your chin3. Good body control is more important than speed

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



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Challenge 4 Title	Around the World
Challenge Description	<p>To set up the challenge, you will need 6 toilet rolls, small cones, or objects of a similar size. Set up the challenge as per the diagram below. To determine the distances, go through the steps of the challenge below ensuring that you can only just reach each object with a straightened leg and pointed toe, without losing balance.</p>  <p>Stand in the middle of the hexagon facing forwards (towards the red object on the diagram). Place your hands on your hips, raise one leg, straighten it and point your toes to touch the object in front of you.</p> <p>Repeat this, touching all 6 objects in the hexagon in turn. You must always stay facing forwards and must not put your non-standing foot on the floor.</p> <p>Once you have successfully touched all 6 objects (a circuit), repeat standing on the other leg. Continue this pattern until you have run out of time.</p> <p>How many circuits can you complete in 60 seconds?</p>
Scoring	<p>The stopwatch starts when your non-standing foot leaves the floor.</p> <p>The stopwatch stops and the challenge is over if:</p> <ul style="list-style-type: none">- Your non-standing foot touches the floor (this includes it touching your standing foot)- Your supporting foot swivels or moves (hops) in any direction- Your hands come off of your hips. <p>How many circuits can you complete in 60 seconds?</p>

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



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Video Example	Click here for video
Suggested Adaptations for Space/Equipment	Any object of a similar size to a toilet roll will do for this challenge.
Adaptation for Inclusivity	This challenge can be done seated, sat on the floor in the middle of the circle and reaching to touch the objects with your fingertips, making sure that your bottom is always touching the floor.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Focus on a fixed point straight ahead of you2. Your head is heavy, so try to keep your head in line with your body and supporting leg

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



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Scorecard

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

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