

Specsavers Virtual Sussex School Games 2020
Sport Challenges

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| Sport | Netball & Basketball |
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| Challenge 1 Title | Netball Star |
| Challenge Description | <p>Set up 5 cones as per the diagram below. The outside cones should be 2 metres from the middle cone.</p> <p>You will also need a partner to feed you the ball, who should stand 4 metres from the middle cone, to one side. Your partner will not move.</p> <p>Run from the middle cone to each of the outside cones in turn, collecting a pass from your partner, and returning the ball with a chest pass or shoulder pass. Then return to the middle cone. You should always be facing your partner, moving forwards, backwards, and side to side.</p> <p>You should try and land on your outside foot (the foot furthest from the middle cone).</p> <p>Once you have completed a pass from each cone, and returned to the middle cone, you have completed 1 full star circuit.</p> <p>How many full star circuits can you complete in 60 seconds?</p> |
| Scoring | How many full star circuits can you complete in 60 seconds ? |
| Video | Click here for video example |



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| Suggested Adaptations for Space/Equipment | <p>If you don't have cones, you can use other objects such as shoes or tins.</p> <p>You can use any type of large ball. If you haven't got a large ball, be creative.</p> |
| Adaptation for Inclusivity | <p>This challenge can be completed in a wheelchair, on your knees, or by shuffling on your bottom.</p> |
| Coaching Points for Improvement | <ol style="list-style-type: none">1. Be 'netball ready', so up on the balls of your feet, ready for action2. Good quality, accurate passing will speed you up3. Keep your eye on the ball. Never turn your back on the ball |



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| Challenge 2 Title | Netball Pivot |
| Challenge Description | <p>Place 2 cones, 2 metres apart.</p> <p>Starting at the first cone, run to the second cone, jumping and landing. Perform a netball pivot on one foot, making sure that you don't lift this foot, to face back towards the first cone.</p> <p>Repeat this, moving back and forth between the two cones, jumping, landing and pivoting each time.</p> <p>How many pivot landings can you do in 60 seconds?</p> |
| Scoring | How many pivot landings can you do in 60 seconds ? |
| Video | Click here for video example |
| Suggested Adaptations for Space/Equipment | <p>Shoes and tins make great cones.</p> <p>If you don't have a tape measure, a large adult stride is approximately 1 metre.</p> |
| Adaptation for Inclusivity | <p>This challenge can be completed in a wheelchair or crutches, and instead of pivoting, move round the cones in a figure of 8 shape.</p> <p>If you are unable to jump and pivot safely. Just stop at the cone, turn and come back the other way.</p> |
| Coaching Points for Improvement | <ol style="list-style-type: none">1. Time your jump to land next to the cone2. Land on your pivoting foot first, and use the other to balance and push yourself round to then face the direction you have just travelled from3. Cushion your landing by bending your knees |



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| Challenge 3 Title | Basketball Target Throw |
| Challenge Description | <p>Place a cone on the ground at your feet (starting cone), and 3 target cones in front of you; 2 metres from you, 3 metres from you, and 4 metres from you.</p> <p>Throw a ball from your starting cone, trying to hit your target cones.</p> <p>2 metre cone = 1 point 3 metre cone = 2 points 4 metre cone = 3 points</p> <p>How many points can you score in 60 seconds?</p> <p>You must use the same single ball, so your speed to retrieve the ball and get back to the starting cone will influence your score.</p> |
| Scoring | <p>2 metre cone = 1 point 3 metre cone = 2 points 4 metre cone = 3 points</p> <p>How many points can you score in 60 seconds?</p> |
| Video | Click here for video example |
| Suggested Adaptations for Space/Equipment | <p>If you don't have cones, you can use other objects of a similar size, such as shoes or tins.</p> <p>You can use any type of large ball for this challenge. If you haven't got a large ball, be creative.</p> |
| Adaptation for Inclusivity | <p>This challenge can be done seated with a partner retrieving the ball where necessary.</p> |
| Coaching Points for Improvement | <ol style="list-style-type: none">1. Feet shoulders width apart to gain good balance2. Keep your eyes on the target3. When releasing the ball, extend your elbows out and flick your wrists on the follow through4. For more power, bend and straighten your legs at release |

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



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| Challenge 4 Title | Basketball Dribbling |
| Challenge Description | <p>Place 2 cones 4 metres apart. Bouncing the ball with only one hand at a time, dribble around each cone.</p> <p>1 dribble is completed by dribbling from the starting cone to the second cone AND BACK.</p> <p>How many dribbles can you complete in 60 seconds?</p> |
| Scoring | <p>1 dribble is completed by dribbling from the starting cone to the second cone AND BACK. So count each time you return to the starting cone.</p> <p>How many dribbles can you complete in 60 seconds?</p> |
| Video | Click here for video example |
| Suggested Adaptations for Space/Equipment | <p>Shoes are a great alternative for cones. If you don't have a basketball, any type of bouncy ball will do.</p> <p>If you have limited space, you could always reduce the distance by 50% to 2 metres, but remember to also reduce your score by 50% before submitting.</p> |
| Adaptation for Inclusivity | <p>This activity can be completed in a wheelchair, or by shuffling on your bottom.</p> |
| Coaching Points for Improvement | <ol style="list-style-type: none">1. When dribbling, bounce the ball at waist height2. Dribble using your fingers, not your fingertips3. Try to always look forwards when dribbling |

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Scorecard

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

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