



Specsavers Virtual Sussex School Games 2020  
Sport Challenges

<b>Sport</b>	Rugby
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<b>Challenge 1 Title</b>	Figure of 8
<b>Challenge Description</b>	Grab a rugby ball, or any other large ball.  Pass the ball between your legs, weaving in and out in a figure of 8.  How many complete figure of 8 circuits can you complete in <b>30 seconds?</b>
<b>Scoring</b>	How many complete figure of 8 circuits can you complete in <b>30 seconds?</b>
<b>Video</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	If you don't have a rugby ball, any large ball or even a cushion would be suitable.
<b>Adaptation for Inclusivity</b>	This challenge can be performed whilst seated by passing the ball around your body to complete each circuit.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Keep your head up</li><li>2. Keep your back straight</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>	Up & Over
<b>Challenge Description</b>	Throw the ball over your head, and catch it behind your back. Pass the ball between your legs and repeat.  How many times can you catch the ball in <b>1 minute</b> ?
<b>Scoring</b>	How many times can you catch the ball in <b>1 minute</b> ?
<b>Video</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	If you don't have a rugby ball, any ball or even a cushion would be suitable.
<b>Adaptation for Inclusivity</b>	This challenge can be done whilst seated if required, by not passing the ball back between your legs.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Make sure your throw is accurate, and not too high</li><li>2. Keep your head up</li><li>3. Keep your back straight</li></ol>

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<b>Challenge 3 Title</b>	Rugby Passing
<b>Challenge Description</b>	<p>Stand side on to a partner, 3 metres away from one-another.</p> <p>Pass (throw) the ball sideways between you and your partner.</p> <p>Each ball caught, by you or your partner, counts as a successful pass.</p> <p>After you have made 10 successful passes, both you and your partner must rotate 180 degrees to face the opposite direction. This will mean that if you were passing left then you'll be passing right, and visa-versa.</p> <p>How many passes can you make in <b>30 seconds</b>?</p>
<b>Scoring</b>	<p>Each ball caught counts as a successful pass.</p> <p>How many passes can you make in <b>30 seconds</b>?</p>
<b>Video</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>Any large ball will work for this challenge.</p> <p>If you don't have a partner then throwing against a wall will work.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be completed whilst seated, or in a wheelchair.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Make sure your pass is accurate and well weighted</li><li>2. Keep your eye on the ball</li><li>3. Stay on your toes to move quickly if you need to when catching the ball</li></ol>

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<b>Challenge 4 Title</b>	Keep Try-ing
<b>Challenge Description</b>	<p>Place 3 cones on the ground to create a triangle, with each side of the triangle measuring 3 metres.</p> <p>Starting at your first cone, run to the second and place the ball on the ground, with pressure on the ball when it hits the ground; just like you are scoring a try in rugby.</p> <p>Leave the ball at the cone, and run a lap of the triangle, picking the ball up again when you get back to it, and scoring another try at your next cone. Repeat this, running a lap, collecting the ball and scoring a try at the next cone.</p> <p>How many tries can you score in <b>45 seconds</b>?</p>
<b>Scoring</b>	How many tries can you score in <b>45 seconds</b> ?
<b>Video</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have a rugby ball, any large ball will do, or even a cushion.</p> <p>You can use anything as a marker if you don't have cones- shoes, tins etc will work perfectly.</p>
<b>Adaptation for Inclusivity</b>	This challenge can be performed in a wheelchair, with a partner picking the ball up off of the ground if required.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Move quickly around the triangle, with speed and agility</li><li>2. Place the ball down firmly so that it doesn't roll away</li><li>3. Pick the ball up on the move, keeping your body low to retain balance</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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