



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Rugby
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Challenge 1 Title	Figure of 8
Challenge Description	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 30 seconds?
Scoring	How many complete figure of 8 circuits can you complete in 30 seconds?
Video	Click here for video example
Suggested Adaptations for Space/Equipment	If you don't have a rugby ball, any large ball or even a cushion would be suitable.
Adaptation for Inclusivity	This challenge can be performed whilst seated by passing the ball around your body to complete each circuit.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Keep your head up2. Keep your back straight

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



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Challenge 2 Title	Up & Over
Challenge Description	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 1 minute ?
Scoring	How many times can you catch the ball in 1 minute ?
Video	Click here for video example
Suggested Adaptations for Space/Equipment	If you don't have a rugby ball, any ball or even a cushion would be suitable.
Adaptation for Inclusivity	This challenge can be done whilst seated if required, by not passing the ball back between your legs.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Make sure your throw is accurate, and not too high2. Keep your head up3. Keep your back straight

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Challenge 3 Title	Rugby Passing
Challenge Description	<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 30 seconds?</p>
Scoring	<p>Each ball caught counts as a successful pass.</p> <p>How many passes can you make in 30 seconds?</p>
Video	Click here for video example
Suggested Adaptations for Space/Equipment	<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>
Adaptation for Inclusivity	<p>This challenge can be completed whilst seated, or in a wheelchair.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Make sure your pass is accurate and well weighted2. Keep your eye on the ball3. Stay on your toes to move quickly if you need to when catching the ball

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Challenge 4 Title	Keep Try-ing
Challenge Description	<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 45 seconds?</p>
Scoring	How many tries can you score in 45 seconds ?
Video	Click here for video example
Suggested Adaptations for Space/Equipment	<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>
Adaptation for Inclusivity	This challenge can be performed in a wheelchair, with a partner picking the ball up off of the ground if required.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Move quickly around the triangle, with speed and agility2. Place the ball down firmly so that it doesn't roll away3. Pick the ball up on the move, keeping your body low to retain balance

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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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