NOTTS SCHOOL GAMES

#stayinworkout

#stayhomestayactive

The School Games Organiser network and Active Notts are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Notts website or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Notts website, in our newsletter, on the Active Notts Facebook, @Active Notts Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to nottsschoolgames@Activenotts.org.uk

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

For additional challenges and ideas on how to keep physically active visit the Active Notts website or your School Games Organiser page.

Active Notts and the **SGOs** cannot be responsible for any risk associated with activities suggested. Please click here for more details.

INTRODUCTION TO ATHLETICS

30mins

THE HISTORY OF THE GAME

History suggests the first record of athletic events in a competitive environment were the Ancient Games, held in Greece between 766BC-393AD. In 1896, the first Modern Olympic Games were held in Athens. The athletes competed in 43 events covering athletics (track and field), cycling, swimming, gymnastics, weightlifting, wrestling, fencing, shooting and tennis.

The Paralympic Movement offers sport opportunities for athletes that have an impairment that belongs to one of the ten eligible impairment types. Athletics has been contested at every Summer Paralympics since the first games in 1960.

QUIZ

Question 1 What is the name of the man associated with creating the Modern Olympic Games? (Clue.. His name sounds French!)

Question 2 How many events make up a decathlon? Can you name them?

Question 3 Which GB female athlete won the 200 metres at the 2016 and 2018 European Championships and is the current 200 metres World Champion?

Question 4 What is the world record for the longest javelin throw? (Clue – it's approximately the length of seven buses together!)

Usain Bolt

Dina Asher-Smith

Richard Whitehead

WRITE DOWN WHAT YOU KNOW ALREADY

OLYMPIC SYMBOL

The Olympic symbol represents the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games. Can you find out the colours and colour them in?

SPORT THEME

ATHLETICS

PRIMARY

NOTTS SCHOOL GAMES

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive #stayinworkout

MONDAY MOVERS

Physical literacy/skills

Activity overview
On Your Marks, Set, Go
Obstacle Course

Equipment needed
- Timer
- Markers, e.g. toilet roll, shoes, beakers
- Obstacles e.g. teddy bear

School Games value focus
Honesty
Self Belief

TUESDAY CHALLENGE

Personal challenge

Activity overview
Speed Bounce Challenge
Jump for Distance

Equipment needed
- Rolled up towel or cereal box
- Stopwatch/mobile phone
- Socks, tea towels or towels to jump over
- A tape measure or piece of string

School Games value focus
Honesty

WEDNESDAY WORKOUT

Links to numeracy/literacy

Activity overview
Wiggle Wednesday

Equipment needed
- Soft toys or similar objects for markers
- Stopwatch/mobile phone

School Games value focus
Self Belief

THURSDAY THINKING

Problem solving

Activity overview
Head, Shoulders, Knees and Toes
Target Throw

Equipment needed
- Targets of different sizes, such as a piece of paper, plastic plate, washing up bowl, bin
- 5 x throwing items -Crumpled balls of paper/ socks
- Markers e.g. toilet roll, shoes, beakers

School Games value focus
Self Belief
Determination

FRIDAY FUN

Virtual competition

Activity overview
Home Pentathlon / Design Your Own Pentathlon
Enter by submitting a film clip, a drawing, or any other way you can think of, to www.activenotts.org.uk/forms/view/sgvc before 9am on Friday 12th June 2020

Equipment needed
- Stopwatch/mobile phone
- Tape measure
- Laundry basket or similar target
- Three pairs of rolled up socks
- Sticky tape, objects to use as marker, internet & printer (not essential)

School Games value focus
Self Belief
Passion

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

Ashfield District School Sports Network · Bassetlaw School Sports Association · Broxtowe Active Schools · School Games Gedling · School Games Mansfield SSP · Newark & Sherwood School Sports Partnership · school sport nottingham inspiring active lives · School Games Rushcliffe SSP · active notts

For additional challenges and ideas on how to keep physically active visit the Active Notts website or your School Games Organiser page.

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MONDAY MOVERS

On Your Marks, Set, Go

Physical literacy/skills

ACTIVITY

- How fast can you get to your marker and back again?
- Place two markers five metres apart on the floor (five big steps)
- How many laps can you complete in 30 seconds?
- Can you beat your score?
- This challenge can be repeated several times

Why not try the following:

- Create a shape/ running track to run around adding more markers
- Race against people in your household or as a relay team. Have fun

EQUIPMENT NEEDED

- Markers e.g. toilet roll, shoes, beakers, timer

15mins

How can you demonstrate honesty throughout this challenge?

Did you go around the marker?

MAKE IT EASIER...

- Hop, skip, leap, jump, try different ways of getting to the marker and back again

MORE OF A CHALLENGE

- Try different race starting positions: sitting down, lying on your front . How many can you complete in 30 seconds?

MAKE IT INCLUSIVE

- Come up with a theme for your race: animals, space rockets, cars
- Can you create different ways of moving to your target e.g. walk, crawl, leap

LEAD OTHERS

- Can you organise a race for your household – one lap or two laps, it's up to you?

TOP TIPS

Make sure you slow down on your approach to the marker

Why not try this now? https://funetics.co.uk/for-parents/funetics-home/

MONDAY MOVERS

Obstacle Course

Physical literacy/skills

ACTIVITY

- Create a fun obstacle course
- This could include running, hopping, skipping, balance test, crawling, leaping and even a throw
- Make it fun and safe
- Get creative
- Draw out your plan and then put it into action
- Video example https://youtu.be/37Plj3kc9LE

EQUIPMENT NEEDED

- Use your imagination but remember to make it safe
- Teddy bears, skipping ropes, markers to run around

15mins

How can you demonstrate self belief throughout this challenge?

Believe in yourself – keep going even if the obstacles are hard – you can do it!

MAKE IT EASIER...

- Give your course a theme and look at different ways of moving around the course, e.g.: animals/ space

MORE OF A CHALLENGE

- Increase the number of times you complete a challenge or compete against someone in your household

MAKE IT INCLUSIVE

- Play indoors/outdoors
- Create your own course with obstacles you are confident in

LEAD OTHERS

- Can you create a warm-up for your household?

TOP TIPS

Can you include a run, jump and throw in your course

Why not try this now? Youth Sport Trust 60 second obstacle challenge – how many can you jump over in 60 seconds? Click here for more 60 second challenges

TUESDAY CHALLENGE

Speed Bounce Challenge

Personal Challenge

ACTIVITY

- Watch the clip to see how to complete this challenge safely at home https://www.youtube.com/watch?v=3cKdMXvBDnQ&feature=youtu.be
- Jump sideways across a line or rolled up towel as many times as you can for 20 seconds
- Keep your feet together and try to land on two feet
- Count how many times you land either side of the line/towel
- Record your score then try to beat it after a rest

EQUIPMENT NEEDED

- A rolled-up bath towel or cereal box
- A stopwatch/mobile phone

15mins

How can you demonstrate honesty throughout this challenge?

Compete against yourself and beat your Personal Best score

MAKE IT EASIER...

- Jump across a line or joint in the cement on a patio. Reduce the time

MORE OF A CHALLENGE

- Once you've beaten your PB, try to equal it in 19 seconds rather than 20

MAKE IT INCLUSIVE

- Hold onto the back of a chair to give you stability and use a line on the floor. Move wheelchair side to side

LEAD OTHERS

- Teach a member of your family to complete the challenge

TOP TIPS Keep your feet and knees together and your knees soft on each landing

Why not try this now?

Make the barrier higher by adding another towel or a taller cereal box

TUESDAY CHALLENGE

Jump for Distance

Personal Challenge

ACTIVITY

- Starting on two feet, how far can you jump, landing on two feet (standing long jump)? https://www.youtube.com/watch?v=FiBONNWYxeI
- Complete the activity again but this time taking off on one foot (this is the hop)
- Progressing, hop as far as you can, alternating take off between left and right foot
- Add a step after the hop so you now have hop-step
- Finally add a jump to create three phases; hop-step-jump (triple jump)
- Record all of your distances and then try to beat them

EQUIPMENT NEEDED

- Socks, tea towels or towels to jump over
- A tape measure or piece of string

15mins

How can you demonstrate honesty throughout this challenge?

Challenge yourself to beat your Personal Best score with each jump

MAKE IT EASIER...

- Concentrate on mastering the foot pattern hop. Step jump

MORE OF A CHALLENGE

- Try the triple jump combination hop, step, jump getting further each time

MAKE IT INCLUSIVE

- Practice a change of foot pattern on the spot. Single push on a wheelchair

LEAD OTHERS

- Teach another member of your family to jump and hop further

TOP TIPS Remember for all activities, keep your head up, swing your arms forward

Why not try this now?

https://www.youtube.com/watch?v=cRjO1IGwbLo&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=7

WEDNESDAY WORKOUT

Links to numeracy/literacy

Wiggle Wednesday

30mins

ACTIVITY

Today is "Wiggle Wednesday" and it's time to get your hips into action!
Yes, race walking looks odd but believe it or not, it is an Olympic sport! So give the wiggle a go!

- First try walking as fast as you can without running
- One foot must always have contact with the ground (Flight time) is illegal (A bit like travel in basketball)
- Keep your feet in a straight line
- You'll find your hips rotate which gives it the distinctive "WIGGLE" action
- Alternate race walking and normal walking, feel the difference
- Swing your arms to give you added power and for balance
- When comfortable with the walking style, set yourself a time or distance to complete (Laps of the house or garden)

EQUIPMENT NEEDED

- Objects to use as markers e.g. soft toys, gloves, bobble hats

TOP TIPS Watch the experts race walking on YouTube
https://www.youtube.com/watch?v=_ns8HCL0mdk

How can you demonstrate self belief throughout this challenge?

Set your markers and course out and be determined to race walk between them

Why not try this now?

➢ When out next on a walk, challenge yourself to "Race walk " some sections ahead e.g. between trees, landmarks in the park or countryside.

MAKE IT EASIER…

- If walking fast is hard, alternate between normal walking and race walking

MORE OF A CHALLENGE

- Challenge yourself to beat your best time for the circuit you've created. Really get the wiggle going!

MAKE IT INCLUSIVE

- Race walk for a shorter time, say ten seconds and try to built it up from here

LEAD OTHERS

- Once you've mastered the wiggle walk, teach another member in your household how to do it. Then why not challenge them to a race

THURSDAY THINKING

Head, Shoulders, Knees and Toes

Problem solving

ACTIVITY

- 'Head, Shoulders, Knees and Toes Jumping Challenge' https://youtu.be/RKQQdzh7NXs
- Lie down on the floor
- Get someone to place a marker at your head, shoulder, knees and toes
- Make a starting line one big step away and stand behind it
- See how far along your body length you can jump forward taking off and landing on two feet

EQUIPMENT NEEDED

- Markers, e.g. shoes toilet rolls, beakers
- Tape measure or a marker

15mins

How can you demonstrate Self Belief throughout this challenge?

Show other people in your household what you have achieved.

MAKE IT EASIER...

- Make it an animal theme. What types of animal can jump forward with two feet? Frogs jumping onto lily pads.

MORE OF A CHALLENGE

- Use bags or coats to create a distance for you to jump over, increasing the distance each time

MAKE IT INCLUSIVE

- Wheelchair users can see how far they can travel with a one glide/ power chair moves in an agreed time.

LEAD OTHERS

- Create a household standing long jump competition.

TOP TIPS lead up, swing your arms and bend your knees when you land

Why not try this now? Standing long jump challenge https://www.youtube.com/watch?v=Dc-y0H6VNLk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=17

THURSDAY THINKING

Target Throw

Problem solving

ACTIVITY

- 'Target challenge'
- Video link https://youtu.be/bWqe40rBVOI
- The aim is to hit each target and see how many points you can get out of five throws – decide what type of throw you need to use to hit the target
- Place targets of different sizes on the floor. Place some close and some farther away. Players stand behind a start line and try to throw a sock/ ball onto their chosen target

EQUIPMENT NEEDED

- Targets of different sizes, such as a piece of paper, plastic plate, washing up bowl, bin, teddy , cricket stumps
- Five throwing items, e.g.: crumpled balls of paper/ socks

15mins

How can you demonstrate determination throughout this challenge?

Don't give up, try different ways of throwing to hit your target

MAKE IT EASIER...

- Make the targets bigger and closer to the throwing line

MORE OF A CHALLENGE

- Make the distances further away. Add a time limit and points to complete the challenge in

MAKE IT INCLUSIVE

- Think about texture, colour, size and distance for throwing items and targets. Roll the ball rather than throw

LEAD OTHERS

- Create a maths quiz for your household. Use the targets for answers.

TOP TIPS y different types of throws to hit all of your targets

Why not try this now? Target treasure https://www.youtube.com/watch?v=N9XU5YKLbx8

FRIDAY FUN

Pentathlon Challenge

Virtual competition

ACTIVITY

- You will have taken part in a number of the Home Pentathlon activities over the week. Now challenge yourself to complete them all and submit your scores Introduction to Home Pentathlon Challenge
- A total of five events for you to compete in: 5m shuttle x20 times, Standing Long Jump, Vertical Jump, Speed bounce (20 seconds), Target throw
- For more information and to download the results spreadsheet click here Once completed, send your results files to sportshall.athletics@gmail.com with your school and county
- Make sure you complete your entry by 9am om Friday 12th June 2020

EQUIPMENT NEEDED

- Stopwatch/mobile phone, tape measure, laundry basket or flat target
- Three objects to throw, e.g.: rolled up socks; tape (sticky or masking tape), soft objects as markers

15mins

SELF BELIEF

How can you demonstrate Self Belief throughout this challenge?

Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

MAKE IT EASIER…

- Rest between each activity or just choose three events to compete in

MORE OF A CHALLENGE

- From your first to last attempt at each event, set yourself the target of improving in a minimum of two of these activities to beat your Personal Best

MAKE IT INCLUSIVE

- http://www.sportshall.org/wp-content/uploads/2014/08/Parallel_Rules_and_Guidance_notes_13a.pdf

LEAD OTHERS

- Teach another member of your household how to take part in each activity and challenge them to a mini–competition

TOP TIPS Rest between activities, rehydrate and prepare to do your best

Why not try this now?

Check out the internet for the decathlon, what are the ten events at Olympic level competition?

FRIDAY FUN

Design Your Own Pentathlon

Virtual competition

ACTIVITY

- Consider the space and equipment you have available and design your own pentathlon
- Your pentathlon should consist of five events, a run, jump, throw and two others of your choice. Be as creative as you can when designing them
- Challenge yourself to complete them all if you feel confident in doing so
- Enter the competition by submitting a film clip of yourself explaining your events, completing them, a drawing of them or any other way you can think of sharing your work to www.activenotts.org.uk/forms/view/sgvc before 9am on Friday 12th June 2020

EQUIPMENT NEEDED

- Pen and paper to draw your design (computer optional)
- Household object to help you safely create
- A device to film (optional)

15mins

PASSION

How can you demonstrate determination throughout this challenge?

Use your inspiration to achieve and succeed by entering the virtual competition

MAKE IT EASIER…

- Use some events from the Home Pentathlon resource

MORE OF A CHALLENGE

- Set yourself a time / distance on each of your events

MAKE IT INCLUSIVE

- Think about how you could include events for people with different abilities

LEAD OTHERS

- Explain or demonstrate to a member of your household your events

TOP TIPS Gain inspiration by researching existing athletics events, but make up your own

Why not try this now?

Could you add two more events and make it into a heptathlon?

Sportshall Awards at Home

SIMPLE

to set up and take part in all the modified and well known Sportshall events

MINIMAL

equipment required

EASY

to score and record results - share progress with friends/family across the UK

IMPORTANT

We encourage everyone in the household to take part in the Home Pentathlon (where possible) but all activity must take place under adult supervision, ensuring;

- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around activity.

VIEW INSTRUCTION VIDEOS

20 x 5m Shuttle Run

Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc…) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

PLEASE USE A FLAT / DRY SURFACE

Standing Long Jump

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

PLEASE USE A FLAT / DRY SURFACE

#HomePentathlon

STAY AT HOME | TAKE PART AT HOME | SHARE YOUR RESULTS

Eveque Sportshall

#stayinworkout

#stayhomestayactive

NOTTS SCHOOL GAMES

Sportshall Awards at Home

Vertical Jump

The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.

Speed Bounce

The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.

Target Throw

The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated.

4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target

Tennis Balls, Rolled up socks or small soft toys can be used. A washing basket, paper bin, cardboard box or dog basket are example target items.

#HomePentathlon

STAY AT HOME

TAKE PART AT HOME

SHARE YOUR RESULTS

Eveque Sportshall

#stayinworkout

#stayhomestayactive

NOTTS SCHOOL GAMES