

Virtual Challenges to access whilst you are home!

We will be setting one virtual challenge a week up to the beginning of June 2020 to support your home learning. The challenges are as follows

- Speed Bounce
- Skipping
- Standing Long Jump
- Hula Hoop Challenge
- bookBean Bag Throwing

All the challenges require minimal equipment and everything you will need can be found at home.

Below are the instruction on how to do each challenge, you can do the challenge as many times as you like and record your highest score on the WNDSSP website www.wndssp.co.uk t log in guest@wndssp.co.uk and password 123456 to be added to our leaderboard.

SPEED BOUNCE

Equipment

Timer
Cones/line to jump over

Start with two feet together sideways next to the line, start one side of the line and jump over the line with feet together.

Each pupil has 30 seconds to complete as many jumps as possible

SKIPPING

Equipment

Skipping rope
Timer

How many skips can you complete in a set time?

Every person skips alone (year 2 upwards)

Pupils may skip with both feet together or by jogging or even stepping over the rope one foot at a time. For pupils in Reception and Year 1, the rope can be turned by 2 adults with the pupil jumping in the middle. Other year groups it is independent skipping.

Total continuous skipping till the time stops.

Keystage 1 pupils = How many skips in 1 minute

Keystage 2 pupils = How many skips in 2 minutes

STANDING LONG JUMP

Equipment

Tape Measure
Marker

Two footed take off and land two footed, measure in CM and the heel of the back foot.

HULA HOOP CHALLENGE

How many times can you hula hoop?

Hula Hoop for 30 secs or 1 minutes with the hoop starting around the waist and remaining off the ground the entire time.
KS 1 pupils how many in 30 secs, KS 2 pupils 1 minute.

BEAN BAG CHALLENGE

5 Coloured targets (hoops, buckets)

Set the targets out in the Olympic rings, you score 10 points for far middle hoop, 5 points for FAR outside hoops, and 3 points for near hoop.

Each person has 10 beanbags and has 3 attempts and records their best score.

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