



LINLITHGOW PRIMARY SPORTS CHALLENGE



15th – 26th June 2020

As we can't have a sports day this year here are some activities to try over the next fortnight.

All the information for each activity is below along with your score sheet. There are 15 activities for you to choose from. The number of activities you compete is up to you but it would be good to try to do at least 3 a week or maybe you could challenge yourself to do one each day? Remember to give yourself time to practise – don't just attempt the activity once. Practise and share your best score.

FOR YOUR SAFETY:

Please make sure that you are taking care performing any of the activities, wearing clothing that is suitable for PE Activities, your laces are tied and that you are being supervised appropriately.

Information is given for all stages in the school so you could involve your brothers and sisters. You can send in the score sheet or pictures/videos of yourself doing the activity.

I hope you have fun.

Name		Class	
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Activity	Skipping (1 min)	Toe Touches (30 sec)	Wall throw (30 sec)	Speed Bounce (20 sec)	Standing Long Jump	Target Throw /10	Jumping Jacks (30 sec)
Your Score							

Dribbling – Foot (1 min)	Dribbling – hand (1 min)	Throw & Catch (1 min)	Racket hits (30 sec)	Shooting (1 min)	Shuttle Run (5m x 20)	Chest push	Egg & Spoon (5m x 5)

ACTIVITY ONE:

SKIPPING

Equipment Needed:

Skipping rope or skip 2b fit rope (if you have one)
Timer/stopwatch



What you need to do;

You are going to skip non-stop for **1 minute** counting how many skips you do.

Make sure you keep your hands wide either side of you like we have done in lessons
Give yourself plenty of space to skip
Keep going and don't stop – Stamina and rhythm is key!

Maybe even play some music to keep you going!

Scoring sheet:

Write the number of skips you have achieved in the box labelled 'Skipping'

ACTIVITY TWO:

TOE TOUCHES

Equipment Needed:

Timer/stopwatch



What you need to do;

You are going to see how many toe touches you can do in **30 seconds** counting how many you do.

Starting in an upright position (Standing straight), bend down touch your toes and stand back up
That counts as 1 Toe Touch
Repeat as many times as you can in 30 seconds
Make sure you stand upright every time.

Scoring sheet:

Write the number of toe touches you have achieved in the box labelled 'Toe Touches'

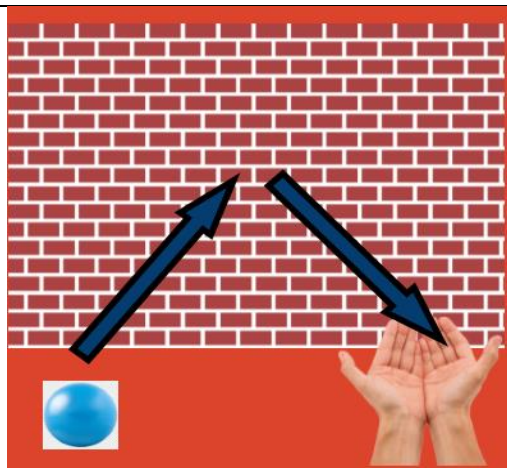
ACTIVITY THREE:

WALL THROW

Equipment Needed:

Ball that you can bounce against a wall
Clear wall and space

Timer/stopwatch



What you need to do;

You are going to see how many passes against the wall you can do in **1 minute**

Stand facing the wall take 3 paces backwards away from the wall

When the timer starts throw and catch the ball against the wall as quickly as you can keeping a count for every **successful catch** against the wall

If you drop the ball that's ok - keep going!

Scoring sheet:

Write the number of successful catches you have achieved in the box labelled 'wall throw'

ACTIVITY FOUR:

SPEED BOUNCE

Equipment Needed:

Hurdle or towel or books

Timer/stopwatch



What you need to do;

How many times can you jump over the towel/books/hurdle in 20 secs. Use the video resource below to show you how to set this up correctly and safely,

Video Resource; <https://youtu.be/jB1NWH0qpTA>

Scoring sheet:

Write the number of jumps you have achieved in the box labelled 'Speed Bounce'

ACTIVITY FIVE:

STANDING LONG JUMP

Equipment Needed:

Space
Marker to jump from
Clear landing spot
Measuring tape



STANDING LONG JUMPS

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What you need to do;

How far can you jump? Using the link below to show you how to set this up. See how far you can jump from a standing position.

Remember to use your arms to help you jump and measure from the start point to the back of your heel where you first land.

Video resource: <https://youtu.be/tf7YG9xwscA>

Scoring sheet:

Write down how far you have jumped in metre/cm in the box labelled 'Standing long jump'

ACTIVITY SIX:

TARGET THROW

Equipment Needed:

Space
Basket or object to throw into
10 balls, beanbags or rolled up socks



What you need to do;

You are going to see how many balls/socks you can get into the target.
Place your target/bin/washing basket 3 or 5 meters away from your start point

P1 – 3:

Start:  Basket

P4 – 7:

Start:  Basket

How many can you get in without missing?

Scoring sheet:

Write down how many you got out of 10 in the box labelled 'Target throw'

ACTIVITY SEVEN:

JUMPING JACKS

Equipment Needed:

Space

Timer/stopwatch



What you need to do;

You are going to complete a full jumping jack non-stop for **30 secs** counting how many you do.

In a space starting with your feet together see how many jumping jacks you can do in 30 secs make sure you move your arms and legs out and back in to count as **ONE**

Scoring sheet:

Write the number of jumping jacks you have achieved in the box labelled 'Jumping Jacks'

ACTIVITY EIGHT:

DRIBBLING - FOOT

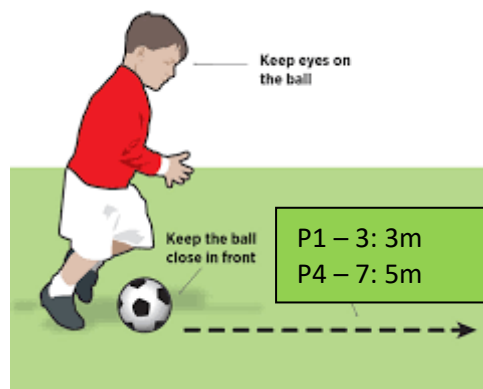
Equipment Needed:

Football or general ball large enough to dribble with your foot

If you don't have a ball you could use a rolled up pair of socks

2 markers

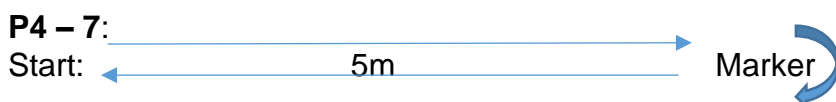
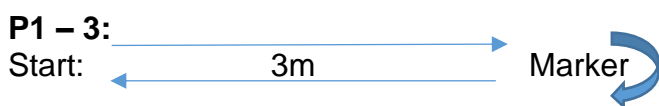
Timer/stopwatch



What you need to do;

You are going to dribbling the ball/socks with your **feet** from the start point, round a marker and back to the start to count as **ONE**

How many times can you do this in **1 minute?**



Scoring sheet:

Write the number of full laps with the ball you complete in the box labelled 'Dribble - foot'

ACTIVITY NINE:

DRIBBLING - FOOT

Equipment Needed:

Basketball or general ball large enough to dribble with your hand that bounces.

2 markers

Timer/stopwatch

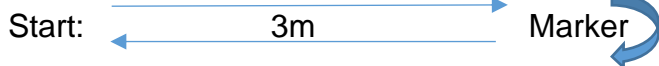


What you need to do;

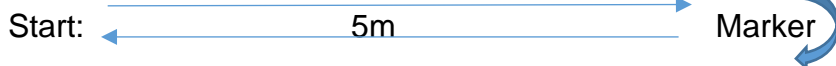
You are going to dribbling the ball with your **hand** from the start point, round a marker and back to the start to count as **ONE**

How many times can you do this in **1 minute**?

P1 - 3:



P4 - 7:



Scoring sheet:

Write the number of full laps with the ball you complete in the box labelled 'Dribble - hand'

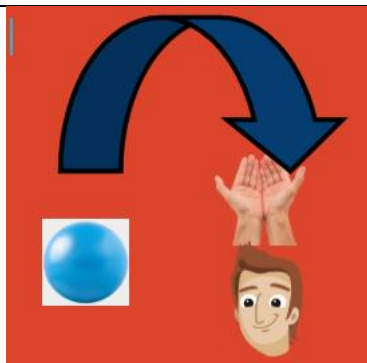
ACTIVITY TEN:

THROW AND CATCH

Equipment Needed:

Small ball or a pair of socks

Timer/stopwatch



What you need to do;

You are going to throw and catch the ball/sock non-stop **above your head** for **1 minute** counting how many you successfully catch. How many can you do?

Make sure you have plenty of space around you.

Throw the ball/sock up above your head (Not too high) and catch

A successful catch counts as one

If you drop it don't worry just pick up and carry on

Scoring sheet:

Write the number of successful catches you have achieved in the box labelled 'Throw & Catch'

ACTIVIY ELEVEN:

RACKET HIT

Equipment Needed:

Racket/bat

Ball

Or if you don't have these you can use your hand with a balled up pair of socks or balloon

Timer/stopwatch



What you need to do;

You are going to see how many keepie ups you can do with the ball and racket non-stop for **30 sec** counting how many you do.

Start with the ball on your racket/hand and every time you manage to keep the ball up in the air counts as one.

If you drop the ball don't worry pick it up and keep going!

Scoring sheet:

Write the number of hits you have achieved in the box labelled 'Racket hit'

ACTIVITY TWELVE:

SHOOTING

Equipment Needed:

Hoop or a bin/basket placed up high to act as a net

Ball or a pair of socks rolled up

Timer/stopwatch



What you need to do;

How many shots can you get into the hoop in 1 minute?

P1 – 3: 3 strides from the hoop

P4 – 5: 4 strides from the hoop

P6 – 7: 5 strides from the hoop

Stand at your start point (See above for distance) after each shot make sure you go back to your start point to shoot. Every successful shot that goes in counts as one.

Scoring sheet:

Write the number of successful shots you have achieved in the box labelled 'Shooting'

ACTIVITY THIRTEEN:

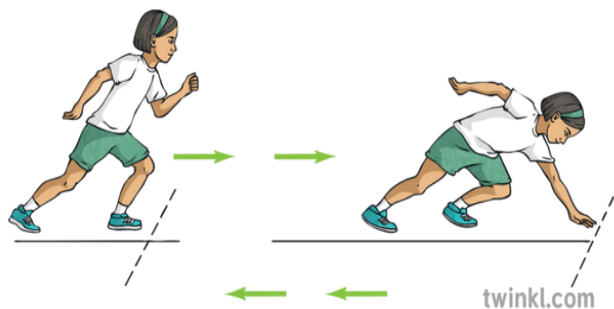
SHUTTLE RUN

Equipment Needed:

Markers

Measuring tape

Timer/stopwatch



What you need to do;

How fast can you run a 5m distance 20 times? Use the link below to show you how to set this up.

You will need your Speed and agility when working on this task!

Video resource: https://youtu.be/_JlpNSOp8x8

Scoring sheet:

Write your time in minutes and seconds in the box labelled 'Shuttle run'

ACTIVITY FOURTEEN:

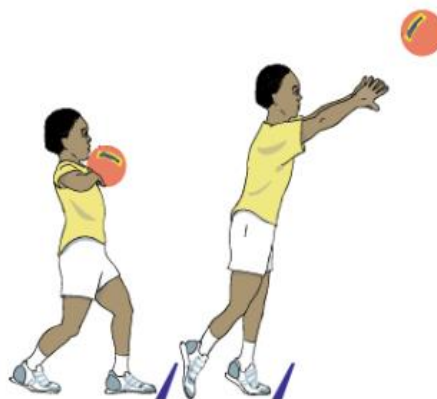
CHEST PUSH

Equipment Needed:

Space – throwing area

Ball – football, basketball size preferably but any ball will do

PUSH



What you need to do;

In this throw you are going to push the ball with both hands from the chest into throwing area in front of you.

As in the diagram you use both hands to push the ball forward and measure from your start point to where the ball lands **FIRST** not where it ends up.

Throw 3 times and record your highest score.

Scoring sheet:

Measure your throw in meters and cm and write in the box labelled 'Chest Push'

ACTIVITY FIFTEEN:

EGG & SPOON

Equipment Needed:

Markers

Spoon
Boiled egg or small ball or pair of rolled up socks

Timer/stopwatch




What you need to do;

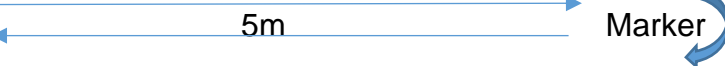
You are going to balance the egg on the spoon from the start point, round a marker and back to the start to count as **ONE**

How many times can you do this in **1 minute** without dropping the egg?

P1 – 3:

Start: 

P4 – 7:

Start: 

Scoring sheet:

Write the number of successful laps you have achieved in the box labelled 'Egg & Spoon'