

Monday 22nd - Friday 26th June 2020

Who will come out on top???



Dudley

Sandwell

Walsall

Wolverhampton

#NSSW



Next week it's National School Sports Week! I would like to give the children the opportunity to take part in a competitive sporting event at home.

The competition is based on completing a set of personal challenges that can be easily carried out at home. Go and challenge someone in your household to find out who is the champion! You could also compare your scores with your friends.

### Personal Challenges

**1: Speed Bounce** – How many times can you jump over the centre point in 30 seconds?



**2: Skipping** – How many successful times can you pass the skipping rope in 30 seconds?

**3: Rebound Catch** – Bouncing a ball off a wall or solid object, how many successful catches can you make in 30 seconds?



**4: Star Jumps** – How many Star Jumps can you do in 30 seconds?

**5: Standing Long Jump** – Standing feet shoulder width apart, how far can you jump? (Take measurement from where heel lands)



These challenges will test your strength, speed, flexibility and coordination. Can you improve to beat your opponent?

Everyday next week, practise each event to prepare for the final showdown on Friday to see who gets the most points. You can record your progress on the tracking sheet. The person with the most points across the 5 events is the winner.

Good luck!

Mr Raybould



Name \_\_\_\_\_

Year \_\_\_\_\_



Event	Monday	Tuesday	Wednesday	Thursday	Friday
Speed Bounce					
Skipping					
Rebound catch					
Star Jumps					
Standing Long Jump					