**KS1 Challenges Summer 2020 A picture containing drawing, food

Description automatically generated**

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| **Run** | **Jump** | **Throw** |
| **Running fast**  Set out 2 markers 10M apart. Start at one marker, run to the other and back again as quickly as you can (1 lap) Repeat twice.  Teaching point: Make sure you move your arms fast.  Fast Arms=Fast legs  Points awarded according to time.  14 seconds or faster -5points  Between 15 and 20 seconds 3 points  Over 20 seconds – 1 point  Record your best score | **Speed Bounce**  Lay down a rope/cane or similar. Complete, as many 2 footed sideways jumps over the line as you can in 10 seconds.  Teaching point: Use your arms to help you balance.  Points awarded according to number of bounces  25 or more jumps – 5points  Between 20 and 24 – 3points  Under 20 – 1 point  Record your highest score | **Throwing for distance**  Place 4 markers- one as a throw line and then 3 at 2M, 6M and 9M from the throw line.  Throw a scrunched- up pair of socks as far as you can.  Teaching Point: Make sure you have your opposite foot forward to your throwing hand.  Points awarded throwing over different distances  Over 9M – 5 points  Between 2M and 6M – 3points  Under 2M – 1 point  Record your best distance |
| **Running for distance**  Set out 2 markers 10M apart  Start at one marker – run up to the other marker and back again as many times as you can in 1min  Teaching Point: Make sure you run at a steady pace.  Points awarded for the number of times you reach a marker.  15 or more – 5points  Between 10 and 14- 3 points  Less than 10 – 1point  Record your best score | **Jumping for distance**  Lay out a line to jump from which can be a line/skipping rope and 3 other markers e.g. shoe at 1m, 1.50M and 2M  Stand still with both feet behind the line. Jump as far forward as you can land on both feet.  Teaching Point: Make sure you bend your knees on take -off and landing.  Points awarded jumping over different distances.  Over 2M – 5points  Between 1.5M and 2M – 3points  Under 1.5M - 1point  Record your best score. | **Throwing for accuracy**  Place a T shirt on the ground  And markers 1M, 2M and 3M apart. Stand at the closest marker to the T shirt and throw your scrunched -up socks at the T shirt 3 times. Each time you hit the target you score a point. Move, back to the next marker throw 3 times and then again at the last marker.  Teaching Point: Make sure you have your opposite foot forward to your throwing hand.  Record 1 point awarded for each successful throw on target.  Maximum 9 points |
| **Running over obstacles**  Set out 2 markers 10M apart  Lay 2 rolled up T shirts /cereal packets /toilet rolls on the ground between the markers to act as barriers.  Start at one marker and run over the 2 objects, round the marker and back over the objects again.  How quickly can you complete one lap?  Teaching Point: When jumping over the hurdles take off on one foot and land on the other.  Points awarded according to times.  Under 15 secs – 5points  Between 16 and 20 seconds-3points  20+ seconds – 1point  Record your fastest time | **Hopping for distance**  **3 consecutive hops**  Lay out a line to hop from – a line/skipping rope and 3 other markers e.g. shoe 1M,2M and 3M along the side.  Stand still behind the line. Hop 3 times in a row, hopping as far as you can each time.  Teaching Point: Make sure you bend your knees on take -off and landing  Points awarded for reaching different markers  Over 3M – 5points  Between 2M and 3M – 3points  Under 2M – 1point  Record your furthest distance | **Throwing and catching**  You will need a ball /scrunched up socks.  Throw the socks into the air above your head as many times as you can in a row without dropping it.  Teaching Point: Watch the socks carefully with your hands ready.  Points awarded for successive throws and catches.  10 or more 5 points  Between 5 and 9 – 3points  Under 5 – 1point.  Record your highest score. |