**KS1 Challenges Summer 2020 **

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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 legsPoints awarded according to time.14 seconds or faster -5pointsBetween 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 bounces25 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 distancesOver 9M – 5 points Between 2M and 6M – 3points Under 2M – 1 point Record your best distance  |
| **Running for distance** Set out 2 markers 10M apartStart at one marker – run up to the other marker and back again as many times as you can in 1minTeaching 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 – 1pointRecord 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 – 3pointsUnder 1.5M - 1point Record your best score.  | **Throwing for accuracy** Place a T shirt on the groundAnd 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 apartLay 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 – 5pointsBetween 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 landingPoints awarded for reaching different markersOver 3M – 5pointsBetween 2M and 3M – 3pointsUnder 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.  |