

Secondary Personal Challenge

**Who for ?**

Year 7-8

**Where ?**

* Indoors (school hall)
* Outdoors (Playground or field)
* At home

**Challenges**

A fun ‘compete against yourself’ approach to physical activity with a focus on resilience and perseverance and the aim to achieve a bronze, silver and gold medal.

**Four Secondary Challenges are**:

1. The Plank
2. Fast Feet
3. Burpee
4. Super Slalom Run

**Equipment Needed**

* Stopwatch
* Cones
* Balls

If you do not have the equipment listed above as you are taking part at home, please adapt activities using items you can find in your home.

**How to get involved?**

1. Familiarise yourself with the challenge.
2. Set up the challenges.
3. Record the pupils first attempt.
4. Allow the pupils to practice each challenge.
5. Record the pupils final attempt for each challenge see if there is an improvement.
6. **Submit your results to your PE teacher.**
7. **Schools** to complete monitoring form and send to SSP.

**COVID-19 Safety**

**Competition Leadership Award**

**Leadership**

**Engage leaders by:**

* Using leaders to lead part of the session (warm up).
* Using leaders to time the activities.
* Using leaders to deliver a cool down activity.
* Using leaders to record results.
* Using leaders to take photographs for use on social media to celebrate school involvement in the School Games. Permission will be required.
* Using leaders to demonstrate tasks.

**How to enter?**

**You can enter in 2 different ways**

1. Schools run these activities for key worker children in school and send in the results to SSP.
2. Schools send resource to pupils/parents/ carers via home learning platform for pupils to take part at home. Pupils/Parents/ carers submit pupils results to PE teacher who collates results and sends to SSP.

Schools to submit monitoring forms to Laura Goodswen by Friday 19th March.

**uipment Needed**

**Rewards and Certificates**

There will be no official scoring for these challenges, but teachers should be awarding pupils for demonstrating the School Games values.

Schools will be sent a participation certificate for each pupil that has taken part on receipt of the monitoring form which can be found on the website.

**COVID-19 Safety**

The South Norfolk SSP virtual personal challenges should be completed in accordance with your schools Covid-19 PE policy.

**Safeguarding**

During the South Norfolk SSP virtual personal challenges schools must adhere to their own school policy. Schools must follow their photo consent policy.

**Risk Assessment**

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

**School Games Values**

During each of the challenges pupils are challenged to demonstrate the School Games values;



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Respect for the referee, for the opposition, for your teammates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, for every sport and everyone.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.



You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each other’s successes and be a positive team player.

Challenge one- The Plank



**Instructions**

* All you need is yourself and the floor.
* Make sure you keep your bottom down and back straight.
* Keep your forearms on the floor.
* Who can hold the plank the longest?

**How to Score**

* Record pupils first attempt at the challenge.
* Allow pupils time to practice the skill
* Record pupils second attempt to see if they have achieved a personal best.
* Schools- how many pupils achieved a bronze, silver or gold medal for The plank challenge?

Challenge Two- Catch and Clap

Challenge Two- Fast Feet



**Instructions**

* Layout two objects in a straight line covering a total distance of approximately 5m.
* You must dribble the ball around both cones this is 1 point.
* Could you practise this challenge with a partner or someone in your household?

**How to Score**

* Record pupils first attempt at the challenge.
* Allow pupils time to practice the skill
* Record pupils second attempt to see if they have achieved a personal best.
* Schools- How many pupils achieved a bronze, silver or gold medal for fast feet?

Challenge Three- Burpee



**Instructions**

* All you need is yourself and the floor.
* Make sure you extend your legs back once you have lowered yourself to the ground.
* If you find this exercise tough do not perform the leg extensions.

**How to Score**

* Record pupils first attempt at the challenge.
* Allow pupils time to practice the skill
* Record pupils second attempt to see if they have achieved a personal best.
* Schools- How many pupils achieved a bronze, silver or gold medal for Burpee challenge?

Challenge Four- Super slalom Run



**Instructions**

* Layout three objects in a straight line covering a total distance of 7.5m
* You must run in and out of the objects ad back to the start to complete 1 slalom run.

**How to Score**

* Record pupils first attempt at the challenge.
* Allow pupils time to practice the skill
* Record pupils second attempt to see if they have achieved a personal best.
* Schools- How many pupils achieved a bronze, silver or gold medal for Super Slalom Run?

Class Personal best Result Sheet

**See if your pupils achieved a personal best?**

School Name…………………………………………………………………………………………

Class Name………………………………………………Year Group......................................

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Pupils Name** | **The Plank** | **Fast Feet** | **Burpee** | **Slalom Run** |
|  |  | Bronze | Silver | Gold | Bronze | Silver | Gold | Bronze | Silver | Gold | Bronze | Silver | Gold |
| 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Total Number medals achieved** |  |  |  |  |  |  |  |  |  |  |  |  |

Pupil Result Sheet

**Did you achieve a personal best?**

Pupil Name………………………………………………Year Group......................................

Place your first attempt score in the Bronze, Silver or Gold box. Once you have practised record your final score and see if you have achieved a personal best.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **The Plank** | **Fast Feet** | **Burpee Challenge** | **Slalom Run** |
|  | Bronze | Silver | Gold | Bronze | Silver | Gold | Bronze | Silver | Gold | Bronze | Silver | Gold |
| **First Attempt** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Personal Best**  |  |  |  |  |  |  |  |  |  |  |  |  |

Please return to your PE teacher