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Ultimate warrior

**21st February- 25th March**



**VALUES**

**During School Sport Partnership experiences pupils are challenged to demonstrate the School Games values.**

Target Audience

These events are non-competitive and focus on targeting pupils who would benefit from being more physically active.

Year groups

7-10

venue

School Site

Intent

Widening the competition environment to develop health and increase motivation.

Leadership Opportunities

**Engage school leaders by:**

* Using leaders to lead your event (warm up/cool down).
* Using leaders to help set out the equipment.
* Using leaders to record results/ how many pupils took part.
* Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

How to Enter

This is a virtual event open to all schools in South Norfolk SSP. Please let us know if your school took part by completing the monitoring form and returning it the SGO, Laura Goodswen

[l.goodswen@fehs.set.education](mailto:l.goodswen@fehs.set.education)

**Determination –** Determination is about the journey you go on to achieve your goals.

**Passion-** Giving it 100%, putting your heart and soul into the game and never giving up.

**Respect-** For the referee, for the opposition, for your teammates and for yourself.  Treating others politely and with understanding.

**Honesty-** Honesty with others and with yourself.  Having the courage to do the right thing what you know is right.

**Self-Belief-** Have the self-belief and confidence in yourself to succeed and reach your personal best.

**Teamwork-** Treating everyone equally, supporting each other and working together to have fun and achieve at your very best level.



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Introduction

This resource will provide you with guidance on how the Ultimate Warrior challenge can be delivered for year 7-10 pupils.

Why not try each of the challenges in PE lessons before putting together an intra school competition?

How to get Involved?

1. Familiarise yourself with the Ultimate Warrior Resource.
2. Allow the pupils to practice each challenge.
3. Record the pupils final score for each challenge.
4. Submit your results and monitoring form to Laura Goodswen.

Scoring/ website entry

Record your classes times for the challenge on the recording sheet.

Please Submit your top 5 girls and top 5 boys scores for each year group on the virtual challenge section of our website by Friday 25th March 2022.

Rewards and Certificates

Schools will be sent a participation certificate for each pupil that has taken part.

Schools can also request a sportsmanship award certificate for pupils who have demonstrated the School Games Values whilst participating in the virtual personal best challenges.

Safeguarding/ Risk Assessment

During the South Norfolk SSP virtual personal challenges schools must adhere to their own school safeguarding and covid policy.

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.



Event information

* An inclusive, engaging event for secondary schools in South Norfolk.
* The Ultimate Warrior fitness challenge provides pupils with an opportunity to participate in a **NEW** School Games virtual activity on your school site which promotes healthy active lifestyles.
* Complete the challenges in the quickest time to be crowned the South Norfolk SSP Ultimate Warrior.
* Categories for each age group boys and girls.
* Choose when you deliver the Ultimate warrior challenge e.g. as part of PE lessons, lunchtime activities, as extra-curricular activities, intra class competitions, at home or any other method you wish.
* We would like as many young people as possible to have the opportunity to participate in this virtual challenge.
* Delivery can be led by a teacher, sports leaders or as independent tasks.
* The only request we make is that you have FUN!

To be the South Norfolk Ultimate Warrior you must complete the challenge reps listed below in the quickest time:

|  |  |
| --- | --- |
| YEAR 7-8 | Year 9-10 |
| Speed Bounce x 25 | Speed Bounce x 30 |
| 10m Shuttle Run X10 | 10m Shuttle Run x 15 |
| Mountain Climbers x10 | Mountain Climbers x 20 |
| Star Jumps x 25 | Star Jumps x 30 |

**Speed Bounce-** Keep your feet together, jump sideways over a speed bounce or cone and land on two feet. Jump back to your starting position.

**Shuttle Runs-** Place two objects (e.g. cones) 10 metres apart, each shuttle counts as 1.

**Mountain Climbers-** Get into a plank position making sure to distribute your weight evenly between your hands and your toes. Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment. Pull your right knee into your chest as far as you can. Switch legs, pulling one knee out and bringing the other knee in. Keep your hips down and run your knees in and out. Both legs equal 1 repetition.

**Star Jumps-** Stand two feet together with hands by the side. Jump into the air with open legs and stretch the arms out into a star position. Jump back to the starting position for 1 complete star jump.

The timer begins when the first challenge starts, the timer stops when all 4 challenges are complete. No breaks in between, the clock keeps running!

Class Result Results table

School Name

Class/ Year Group

|  |  |  |
| --- | --- | --- |
|  | **Pupils (First Name Only)** | **Time** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
| **7** |  |  |
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| **22** |  |  |
| **23** |  |  |
| **24** |  |  |
| **25** |  |  |