

# Vale Royal School Sport Partnership

## Running Personal Challenge

Individual	Pair	Group	Practice & Record	Share your success
<p>Can you run without stopping for a set time?</p> <p>Run around a set course and keep going without stopping. The challenge is about not stopping rather than laps completed but you if can do this try recording these to check if you can improve next time!</p> <p><b>Break Time Challenge</b></p> <p><b>KS1</b> – run for 3 minutes.</p> <p><b>KS2</b> – run for 5 minutes.</p> <p><b>PE Lesson Challenge</b></p> <p><b>KS1</b> – run for 7 minutes</p> <p><b>KS2</b> – run for 10 minutes</p>	<p>Run for 3 or 5 minutes without stopping and see how many laps you can do – run alongside your partner and try to stay together – a good steady pace means you can have a conversation whilst running.</p> <p><b>KS1</b> - how many laps in 3 minutes?</p> <p><b>KS2</b> - how many laps in 5 minutes?</p> <p><b>Remember, try not to stop!</b></p>	<p>Run for 3 or 5 minutes without stopping and see how many laps you can do in your group – keep in your group and work as a team, helping to encourage each other.</p> <p><b>KS1</b> - how many in 3 minutes?</p> <p><b>KS2</b> - how many in 5 minutes?</p> <p><b>Remember, try not to stop!</b></p>	<p>Practice your skills at home or at school and when you are ready ask a friend, play leader or adult to time and count your score.</p> <p>If you need to stop think about your pace (slow down).</p> <p>We would love to see some video recordings of your attempts, especially the group challenge.</p> <p>You could write a report or interview someone and talk about how you are progressing.</p>	<p>Ask your Play Leaders to keep the results. Children should be encouraged to try and improve their score each week and challenge each other on a leader board if appropriate.</p> <p>Teachers - tweet your videos and photos to @ValeRoyalSSP and @yourschoolgames using #SGChallenge.</p> <p><b>Level Up Challenge!</b> In pairs try to complete as many laps as possible in your time. Take it in turns running, handing over to your partner when you complete a lap. Can you run laps more quickly this way?</p> <p><b>The times are suggested are for break time but if you are doing this in a PE lesson you can use:</b></p> <p><b>KS1 – 7 minutes</b></p> <p><b>KS2 – 10 minutes</b></p> <p><b>Next steps: Go run for fun, Cluster running festivals, VRSSP cross country league, Vale Royal Athletics Club.</b></p>



## Speed Bounce Personal Challenge

Individual	Pair	Group	Practice & Record	Share your success
<p>How many speed bounces can you complete in a set time?</p> <p>Two- foot side to side jumps across a line.</p> <p><b>KS1</b> - how many in 20 seconds?</p> <p><b>KS2</b> - how many in 30 seconds?</p>	<p>As a pair how many can you complete together? Add the two scores up to give your overall score.</p> <p><b>KS1</b> - how many in 20 seconds?</p> <p><b>KS2</b> - how many in 30 seconds?</p>	<p>In a group of 6 how many speed bounces can you complete? Add all 6 scores together to give your overall score.</p> <p><b>KS1</b> - how many in 20 seconds?</p> <p><b>KS2</b> - how many in 30 seconds?</p>	<p>Practice your skills at home or at school and when you are ready ask a friend, play leader or adult to time and count your score.</p> <p>Record your score and then see if it can be improved next time.</p> <p>We would love to see some video recordings of your attempts, especially the group challenge.</p>	<p>Ask your Play Leaders to keep the results. Children should be encouraged to try and improve their score each week and challenge each other on a leader board if appropriate.</p> <p>Teachers - tweet your videos and photos to @ValeRoyalSSP and @yourschoolgames using #SGChallenge.</p>



# Skipping Personal Challenge

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<p>How many skips can you complete in a set time?</p> <p>Two- foot jumps with 1 rope per person.</p> <p><b>KS1</b> - how many in 1 minute?</p> <p><b>KS2</b> - how many in 2 minutes?</p>	<p>Facing your partner and using one rope, how many skips can you complete in a set time?</p> <p>Face to face, two-foot jumps and 1 rope per pair.</p> <p><b>KS1</b> - how many in 1 minute?</p> <p><b>KS2</b> - how many in 2 minutes?</p>	<p>Using one long rope and a minimum of 6 children jumping at one time. How many jumps can you complete in succession?</p> <p>One rope, with a turner at each end. Turners can be adults or children.</p> <p>No time limits, Keep counting until a mistake is made.</p>	<p>Practice your skills at home or at school and when you are ready ask a friend, play leader or adult to time and count your score.</p> <p>Record your score and then see if it can be improved next time.</p> <p>We would love to see some video recordings of your attempts, especially the group challenge.</p>	<p>Ask your Play Leaders to keep the results. Children should be encouraged to try and improve their score each week and challenge each other on a leader board if appropriate.</p> <p>Teachers - tweet your videos and photos to @ValeRoyalSSP and @yourschoolgames using #SGChallenge.</p>



# “Keepy Uppy” Personal Challenge

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<p>How many times can you keep a ball in the air before it hits the ground?</p> <p>You can use different baals and ways of doing this:</p> <p>Football – head, feet, knee shoulder (no hands).</p> <p>Volleyball – hands only!</p> <p>Or...</p> <p>Tennis raquet, Cricket bat, Hockey stick, rounders bat</p> <p><b>No time limit</b></p>	<p>Facing your partner, using the ball of your choice, keep counting the amount of times you make contact with the ball before it hits the ground.</p> <p><b>KS1</b> – think about the type of ball to use to help with success.</p> <p><b>KS2</b> – adjust the ball/equipment to make the challenge appropriate.</p>	<p>Choosing the type of keep yuppy you are going to challenge your group with count as many times you make contact with the ball before it hits the ground.</p> <p>No time limits, Keep counting until a mistake is made.</p>	<p>Practice your skills at home or at school and when you are ready ask a friend, play leader or adult to time and count your score.</p> <p>Record your score and then see if it can be improved next time.</p> <p>We would love to see some video recordings of your attempts, especially the group challenge.</p>	<p>Ask your Play Leaders to keep the results. Children should be encouraged to try and improve their score each week and challenge each other on a leader board if appropriate.</p> <p>Teachers - tweet your videos and photos to @ValeRoyalSSP and @yourschoolgames using #SGChallenge.</p>

