



THE PE AND SCHOOL
SPORTS NETWORK

PESSN VIRTUAL MULTI SPORTS PROGRAMME

The following challenges can be used in your schools or at home as a form of physical activity and competition.

Please send results or video footage directly to your teachers or josh@lpessn.org.uk. Results will be added to our leaderboard.

PE & Schools Sports Network: Bacon's College, Timber Pond Road, SE16 6AT

Telephone: 02072371928 Ext: 4086

josh@lpessn.org.uk

Fitness

Challenge: Wall Sit

- Hold a squat with your back flat against a wall
- Make sure you bend at the knees and sit back against the wall
 - How long can you hold the squat?
 - Record your score and try beat it
- https://www.youtube.com/watch?v=kHLML_pjtgY

Equipment - flat wall - stopwatch/clock



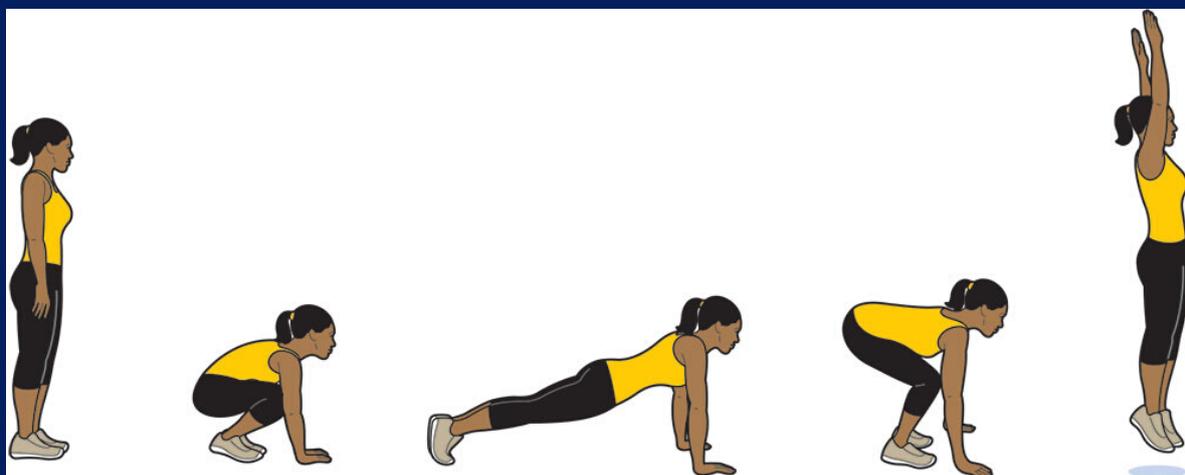
NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	BEST SCORE
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Fitness

Challenge: Burpees

- Complete as many burpees as you can in 30 seconds
- Stand with your feet shoulder-width apart and lower your body into a squat
- Place your hands on the floor directly in front of your feet
- Jump your feet back and land softly on the balls of your feet into a plank position
- Jump your feet back so they land just before your hands
- Jump up into the air and reach your arms over your head
- https://www.youtube.com/watch?v=OOZx_mp94VE

Equipment - safe working space - stopwatch/clock



NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	BEST SCORE
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Fitness

Challenge: Daily Mile

- Mark out a lap in the playground/hall/garden and measure in metres if you can (use a running app if you can). Record this number.
- How many laps can you do in 10 minutes?
- Go at your own pace. Walk if needed but try and do as many laps as possible
- Record your score and try and beat your personal best

Equipment - stopwatch/clock - measuring tape - suitable area for running



NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	BEST SCORE
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Fitness

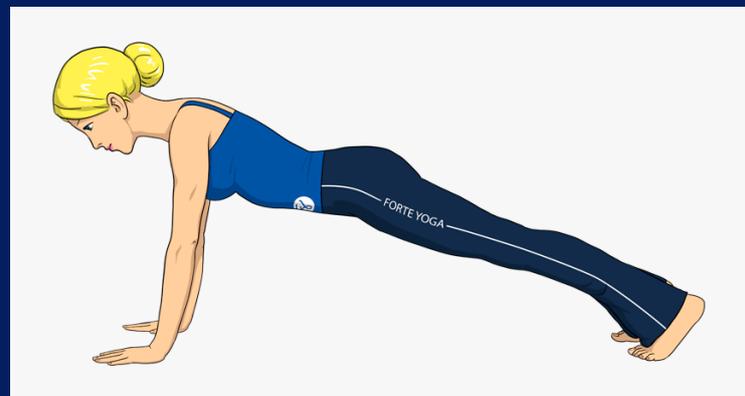
Challenge: Static Balance

- How long can you hold all of these balances?
 - Balance 1: Lift your left foot off the floor and bring your knee level to your hips so you are balancing on your right foot
 - Balance 2: Lift your right foot off the floor and bring your knee level to your hips so you are balancing on your left foot
 - Balance 3: Kneel on the floor and get into a plank position. Put your hands on the floor in line with your shoulders. Extend your legs so they are straight behind and balance on the balls of your feet
- <https://www.youtube.com/watch?v=jxMgxzdZ8xE>

Equipment - stopwatch/clock -



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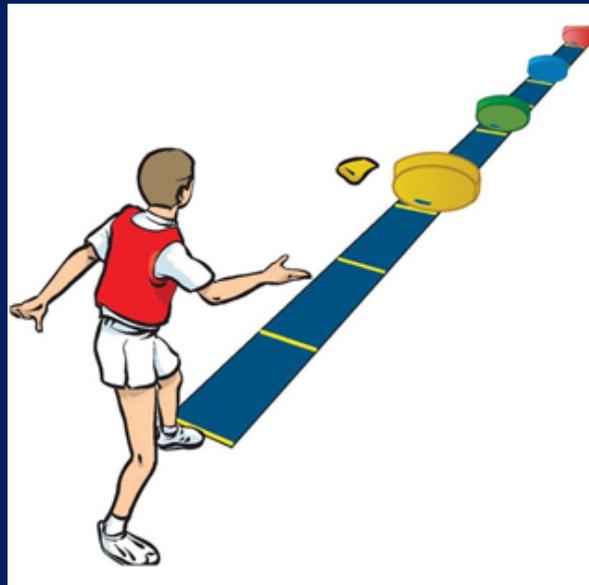


NAME	YEAR GROUP	BALANCE 1	BALANCE 2	BALANCE 3	TOTAL SCORE
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ATHLETICS

Target Throw

- Set up your targets at distances of 1m, 3m and 5m. If you are in school use hoops or cones for your targets. If you are at home use socks laid out flat/buckets (or anything you can).
- Each participant gets 6 throws in an attempt. Try and throw your objects to land into your targets. If you are in school use beanbags/quoits. If you are at home use rolled up socks.



- 2 pts = 1m hoop, 5pts = 3m hoop, 10pts = 5m hoop
- The object must land in your target

- <https://www.youtube.com/watch?v=m1q2v0rsOJw>

Equipment: - beanbags/quoits - hoops.

NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	BEST PERFORMANCE
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Standing Long Jump

- Line up a measuring tape to a mat (if you have one) and mark out a take-off line with cones/ flat line markers/socks
- Participants should stand with both feet together behind the take off line.
- Then participants should jump as far as possible from a standing position with a two footed take off.



- The participant should hold their position to allow the measurement to be taken.
- Measurement is taken from the take off line to the back of the closest heel/body part on landing.
- If the participant stumbles backwards and puts their hand down then the measurement will be taken from the hand position.

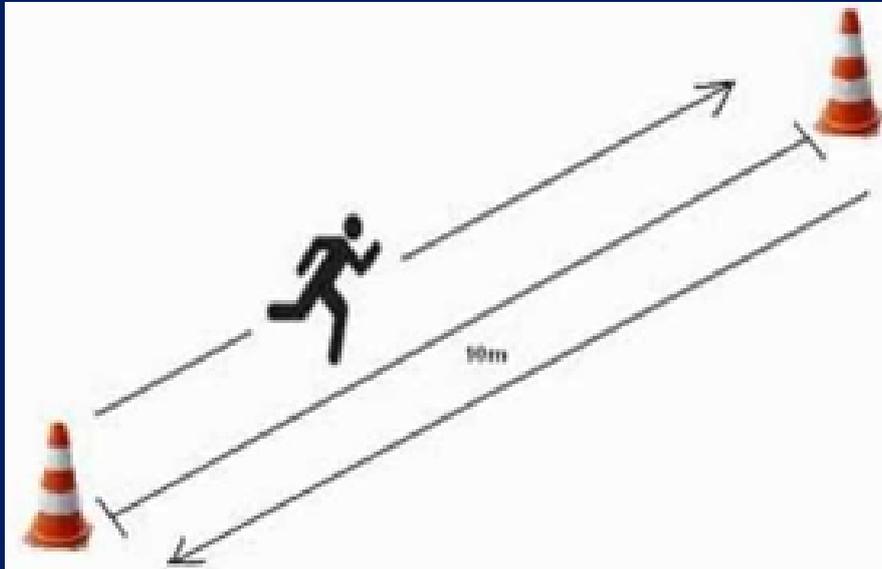
- <https://www.youtube.com/watch?v=KhBg9GXCC60>

- Equipment - tape measure - cones

NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	BEST PERFORMANCE
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Shuttle Run

- Set up a 10m distance in your hall/playground/garden marked out with cones/markers/bottles/toys at each end.



- Pupils begin from a standing position behind the start line. On the whistle they must run 10m to the cone opposite.
 - Pupils should touch the cone, turn and run in the opposite direction back to the start line. Each cone should be touched for a shuttle to count. There and back between the 10m cones = 2 shuttles.

- Year groups will be given different times to compete against:

Year 1/2 = 1 minute;

Year 3/4 = 1.5 minutes;

Year 5/6 = 2 minutes

- Each pupil should aim to run as many shuttles as possible.

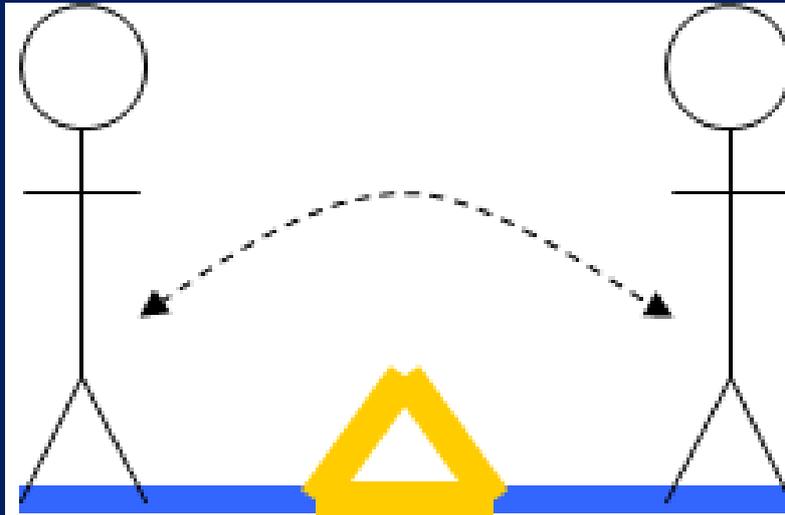
- https://www.youtube.com/watch?v=e8fn_VWbhII

Equipment: - cones - stopwatch

NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	BEST PERFORMANCE
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Speed Bounce

- Set up your speed bounce mats ensuring there is enough space between participants (if you haven't got speed bounce mats, use hurdles/cones/water bottled laid flat/towel as an alternative).



- Each participants gets 2 attempts to see how many good jumps they can achieve in a set amount of time depending on their year group.

Year 1/2 – 15 seconds

Year 3/4 – 20 seconds

Year 5/6 - 30 seconds

- A good bounce is a two-footed jump over the wedge/hurdle which lands on both feet. Any bounce which lands on the wedge or clips it should not be counted.

- Pupils should remain facing forward and jump side to side, not forwards and backwards or one foot at a time.

- <https://www.youtube.com/watch?v=Q-opt5zvd4o>

Equipment - speed bounce mats/small hurdles - stopwatch - whistle

NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	BEST PERFORMANCE
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Multiskills

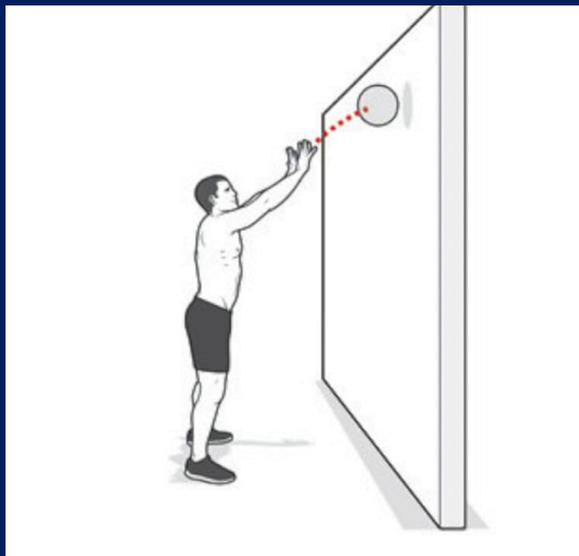
Challenge: Wall Ball

- Stand at least 1m away from a wall
- How many times can you throw and catch the ball against the wall in 30 seconds?
 - Must be a two hand throw to two hand catch
 - If you drop the ball carry on
- Record score and try to beat your score next time

Equipment - large ball (football, basketball, netball), stopwatch/clock

- https://www.youtube.com/watch?v=dmED_upO9FA

Progression - On attempt 3 can you throw two handed and catch with one? How many can you do in 30 seconds?



NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	BEST SCORE
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Multiskills

Challenge: Space Ball

- Find a suitable space
- How many times can you pass a ball around your waist in 30 seconds?
 - Try to swap hands as the ball goes behind your back
 - If you drop the ball carry on
 - Record score and try to beat your score next time

Equipment - large ball (football, basketball, netball), stopwatch/clock

- <https://www.youtube.com/watch?v=7n8SjqMNcoA>

Progression - On attempt 3 how many times can you pass the ball through your legs in 30 seconds?

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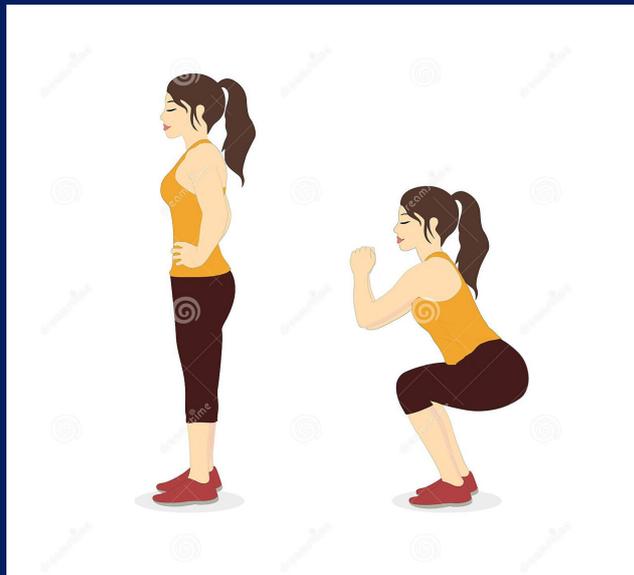
Multiskills

Challenge: Squat Balance

- Find a suitable space
- How many squats can you do in 30 seconds while balancing a piece of equipment on your head?
- When squatting bend your knees and sit back pushing your bottom towards the floor
- If you drop the piece of equipment carry on
- Record score and try to beat your score next time

Equipment - beanbag/quoit/cone for balancing, stopwatch/clock

Progression - On attempt 3 balance on your tip toes while squatting, still with the piece of equipment on your head. How many can you do in 30 seconds?



NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	BEST SCORE
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Multiskills

Challenge: Keepy uppys

- Find a suitable space

- How many times can you repeatedly hit a tennis ball/rolled up socks in the air with the palm of your hands before it touches the floor?

- Make sure you don't catch the ball in your hand. It has to be one continuous movement

- Record score and try to beat your score next time

Equipment - tennis ball/rolled up socks

<https://www.youtube.com/watch?v=2sD9nL1DE38>

Progression - On attempt 3 hit the ball with the palm of your hand and then on the next hit use the back of your hand

NAME	YEAR GROUP	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	BEST SCORE
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