

# THE STEVENAGE SPORTING FUTURES TEAM

## KS1 CHALLENGE

### AUTUMN 2020



# SSFT KS1 CHALLENGE

THE KS1 VIRTUAL COMPETITION WILL TAKE THE FORM OF 4 CHALLENGES.

THERE IS NO LIMIT AS TO HOW MANY CHILDREN CAN TAKE PART, SO THE WHOLE OF KS1 CAN PARTICIPATE WITHIN THEIR BUBBLES.

THERE WILL BE RECORDING SHEETS FOR EACH EVENT TO KEEP TRACK OF YOUR CHILDREN'S RESULTS FOR YOUR OWN REFERENCE.

THERE WILL ALSO BE A SEPARATE RECORDING SHEET WHICH WILL NEED TO BE SUBMITTED TO US AT SSFT TO ENTER THE COMPETITION. THIS WILL HAVE THE TOP SCORERS PER EVENT COUNTING TOWARDS THE TEAM TOTALS FOR THE COMPETITIONS, AND WILL DETERMINE THE WINNING SCHOOL FOR BOTH YEAR 1 & 2.

YOU CAN ENTER UP TO 3 TEAMS PER YEAR GROUP (A, B & C) WHICH WILL CONSIST OF THE TOP 8 CHILDREN'S SCORES IN EACH EVENT (TOP 4 BOYS & TOP 4 GIRLS).

THE DEADLINE FOR SUBMITTING YOUR RESULTS IS FRIDAY 11<sup>TH</sup> DECEMBER 2020 SO THAT WE CAN ANNOUNCE THE WINNERS BEFORE THE CHRISTMAS BREAK.

WE HOPE THAT ALL OF THE CHILDREN ENJOY TAKING PART.

EVENTS	
1	STANDING LONG JUMP
2	STORK STAND
3	SPEED BOUNCE
4	COLOUR TARGETS

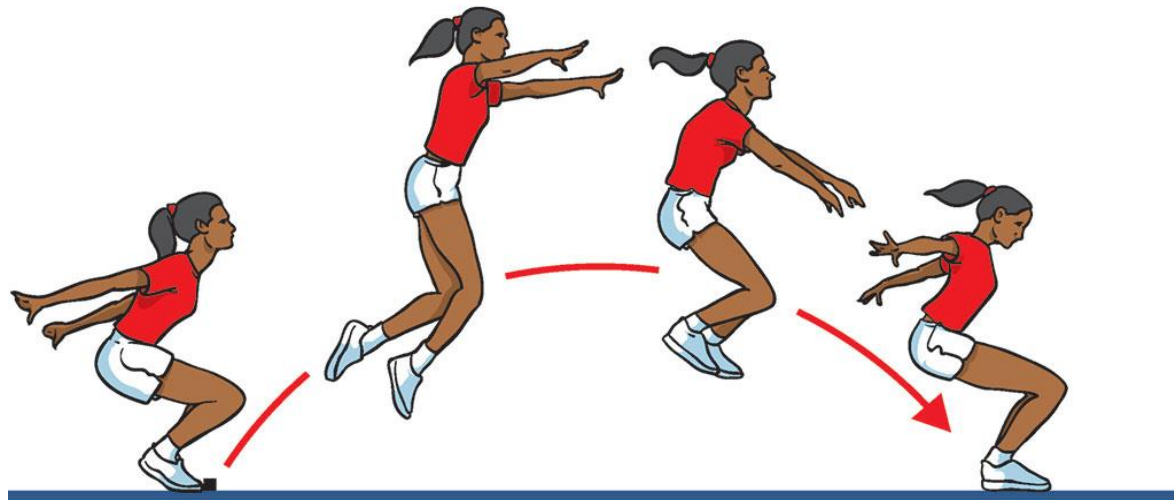
**Remember you are a team so encourage everyone who is taking part!**

**GOOD LUCK!**



# CHALLENGE 1: STANDING LONG JUMP

- YOU WILL NEED SPACE, STARTING SPOT, TAPE MEASURE, SCORE SHEET AND PENCIL.
- **RECORD ALL NAMES AT THE START ON THE SCORE SHEETS PROVIDED.**
- PRACTICE JUMP FIRST.
- LOOK AT TECHNIQUE AND ENCOURAGE USE OF ARMS AND BENT KNEES.
- SOFT LANDING, TRYING NOT TO STEP OR FALL BACKWARDS. BODY WEIGHT FORWARD.
- MEASURE AND RECORD THE DISTANCE JUMPED FROM THE STARTING POINT TO WHERE THE BACK OF THE HEEL FINISHES.
- YOU COULD USE CONES FOR EASE OF MARKING THE LANDING POINT.



## CHALLENGE 2: STORK STAND

- YOU WILL NEED SPACE, BALANCE SPOT/MARKER, TIMER, SCORE SHEET AND PENCIL.
- **RECORD ALL NAMES AT THE START ON THE SCORE SHEETS.**
- ALL PRACTICE FIRST.
- EACH CHILD WILL BE TIMED TWICE ON EACH FOOT.
- EACH FOOT IN TURN MUST STAY ON THE MARKER TO COUNT.
- IF THE LIFTED FOOT TOUCHES THE FLOOR, THE TIME IS STOPPED AND RECORDED. MAXIMUM TIME FOR EACH ATTEMPT IS 15 SECONDS, SCORE WILL BE OUT OF 60 SECONDS (TWICE ON EACH FOOT).



## CHALLENGE 3: SPEED BOUNCE

- YOU WILL NEED SPACE, LINE/MARKER, TIMER, SCORE SHEET AND PENCIL.
- **RECORD ALL NAMES AT THE START ON THE SCORE SHEETS.**
- SHORT PRACTICE FIRST.
- EACH CHILD HAS 2 TIMED ATTEMPTS WITH A BREAK IN BETWEEN.
- 20 SECONDS PER ATTEMPT TO SPEED BOUNCE OVER A LINE/CONE/MARKER AS MANY TIMES AS POSSIBLE.
- BOTH FEET MUST SIMULTANEOUSLY JUMP OVER THE LINE TO COUNT.
- WHILST WAITING FOR THEIR 2<sup>ND</sup> ATTEMPT, THE CHILDREN CAN PRACTICE THEIR JUMPING (WITHOUT WEARING THEMSELVES OUT!)



# CHALLENGE 4: COLOUR TARGETS

- YOU WILL NEED SPACE, THROWING SPOT, TAPE MEASURE, 6 BEAN BAGS/ITEMS, NUMBERED SPOTS 1-6, SCORE SHEET AND PENCIL.
- **RECORD ALL NAMES AT THE START ON THE SCORE SHEETS.**
- FIRSTLY PRACTICE THROWING UNDER ARM.
- STAND ON THE SPOT TO THROW (NO RUN UP). AN UNDER ARM THROW MUST BE USED.
- EACH CHILD HAS 6 BEAN BAGS/ROLLED UP SOCKS/SIMILAR ITEM (SOMETHING THAT WON'T ROLL AWAY) & NUMBERED SPOTS SPREAD OUT 1 METRE AWAY FROM THE THROWING LINE (SEE BELOW).
- EACH COLOURED SPOT HAS A DIFFERENT POINT VALUE 1-6, WITH THE NEAREST SPOT BEING 1 AND THE FURTHEST 6. (YOU COULD USE PAPER SPOTS WITH THE POINTS MARKED ON THEM).
- EACH CHILD HAS TWO ATTEMPTS TO THROW THEIR 6 ITEMS ONE AT A TIME, ONTO THE SPOTS TO SCORE AS MANY POINTS AS POSSIBLE. THE THROWN ITEM ONLY NEEDS TO BE TOUCHING A SPOT WHEN IT SETTLES TO SCORE THE POINTS. IF IT MOVES OFF IT WON'T COUNT. THE BEST TRIAL WILL BE USED.
- RECORD EACH ATTEMPT TOTAL ON THE SCORESHEET.



THROWING  
SPOT WITH  
BEAN BAGS



1 METRE



# KS1 RESULTS

Please send all KS1 Challenge results to Julia Burrows at  
SSFT: [juliaburrows@stevenagesportingfutures.co.uk](mailto:juliaburrows@stevenagesportingfutures.co.uk)

