

Virtual Primary Multi Skills

This event is open to Schools to enter teams from Year 3 and Year 4. Each team is made up of the top 4 boys and top 4 girls for each year group.

It is made up of 3 different challenges:

- Compass Jump
- Flamingo Twister
- Hand Tennis

Record your score for each challenge on the results table.



This challenge is linked to the School Games value of Honesty.

How can you demonstrate Honesty throughout this challenge? Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to a member of your bubble or household the events
- Teach another member of your bubble or household how to take part in each activity and challenge them to a mini competition

HERTFORDSHIRE

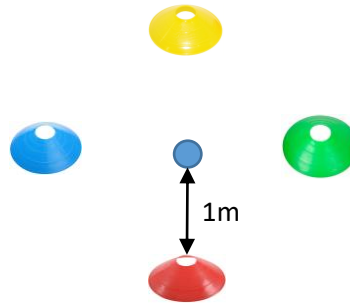


YOUTH
SPORT
TRUST

Multi Skills

Activity 1 : Compass Jump

- Starting from the middle point, jump forwards to the red cone, then back to the middle, then jump sideways to the blue cone, then back to the middle, then jump sideways to the yellow cone, then back to the middle, then backwards to the green cone, then back to the middle, then sideways to the green cone, then back to the middle and repeat.
- Every time you jump back to the red cone, you have completed a lap of the compass and score 1 point.
- You must always face the front red cone which is North and return to the middle each time.
- How many laps of the compass can you complete in 60 seconds?



Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

Equipment needed

- Cones (1 Red, 1 Blue, 1 Yellow and 1 Green)
- Stopwatch

But what else can I use?

- Coloured markers/paper
- Watch or phone timer

Make it easier

- Move the cones closer to the middle point

More of a challenge

- Move the cones further away from the middle point
- Challenge yourself to jump further

Make it inclusive

- Travel between the points using your wheelchair

Scoring

- Record the number of times you complete a lap of the compass in 60 seconds.

Video

You can watch the skill [here](#):

HERTFORDSHIRE



Multi Skills

Activity 2 : Flamingo Twister

- Balance on one leg to begin.
- Start with the cone under your lifted foot. Using your foot, move the cone around your balancing leg until it is back to the starting position.
- Each time you complete one circle with the cone around your balancing leg, you score a point.
- Use your arms to help you balance.
- How many complete circles can you make with the cone in 60 seconds?



Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

Equipment needed

- Cone

But what else can I use?

- Carpet – small ball
- Hard floor – rolled up socks or small cardboard box

Make it easier

- If you lose your balance, place your foot down, then continue when you are ready

More of a challenge

- Can you complete it whilst balancing on the opposite leg

Make it inclusive

- Sitting on a mat, lift one foot off the floor and move the cone around your body with your hands whilst holding your foot off the floor

Scoring

- Record how many times you move the cone around your leg in a complete circle in 60 seconds.

Video

- You can watch the skill [here](#):

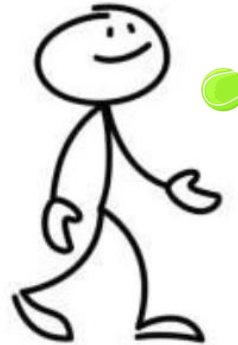
HERTFORDSHIRE



Multi Skills

Activity 3 : Hand Tennis

- Use your hands (palms) to tap the ball from hand to hand as if they were rackets.
- If the ball hits the floor, collect it and continue.
- Every time you hit the ball with your hand you score a point.
- Remember you must alternate hands.
- How many taps of the ball can you complete in 60 seconds?



Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

Equipment needed

- Tennis ball

But what else can I use?

- Small/light ball
- Ball of socks or tin foil ball

Make it easier

- Use a bigger ball

More of a challenge

- Use different body parts such as head/shoulder/knee/foot

Make it inclusive

- From seated or standing, throw the ball up with one hand and catch with the other hand. Count the successful catches in 60 seconds.

Scoring

- Record the number of times you tap the ball in 60 seconds

Video

- You can watch the skill [here](#):

HERTFORDSHIRE



Multi Skills Results

School name:

Childs first name:

Year group:

Event	Result
1. Compass Jump	
2. Flamingo Twister	
3. Hand Tennis	

