



Specsavers Virtual Sussex School Games 2020  
Sport Challenges

<b>Sport</b>	Old Skool Sports Day
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<b>Challenge 1 Title</b>	The Welly Wang
<b>Challenge Description</b>	<p>For this challenge you will need an old welly, shoe, or something similar.</p> <p>Place a 'target cone' 3 metres away from you. Place 4 'danger cones' 50cm in front, 50cm to the left, 50cm behind, and 50cm to the right of your target cone.</p> <p>Throw your welly at the target cone. You get 3 points each time you hit the target cone. But be careful, as you will lose 1 point every time that you hit one of the 'danger cones'.</p> <p>You must only use one welly, and retrieve it yourself between shots.</p> <p>How many points can you get in <b>1 minute</b>?</p>
<b>Scoring</b>	<p>How many points can you get in <b>1 minute</b>?</p> <p>You can record positive or negative points.</p> <p>If you didn't take part in this challenge, please record your score as '12345'</p>
<b>Video Example</b>	<a href="#">Click for a video example.</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have an old welly or shoe, a ball, beanbag, or rolled-up pair of socks will work.</p> <p>Tins, socks and shoes make great cones.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done seated or in a wheelchair. If required, a partner can collect your welly for you.</p>
<b>Coaching Points for Improvement</b>	<p>The only coaching tip for this week is to have a big smile on your face and to have great fun doing this challenge.</p>

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<b>Challenge 2 Title</b>	Skittle Alley
<b>Challenge Description</b>	<p>For this challenge you will need 6 'skittles', which could be water bottles, deodorant cans, or anything of a similar size which can be knocked over.</p> <p>You will also need 3 small balls (tennis ball size) or rolled-up pairs of socks.</p> <p>Place your skittles in a V-shape, with 1 skittle in the front row, 2 in the middle row and 3 in the back row. Your skittles must not be touching.</p> <p>Standing 3 metres away from the nearest skittle, throw or roll your ball and try and knock down the targets. Do <b>not</b> reset your skittles between shots.</p> <p>You get <b>2 points</b> for each of the skittles that you knock down within 3 shots. Maximum of 12 points with your initial shots.</p> <p><b>Bonus 'Strike' Points:</b> If you knock all of your skittles down with your <b>first</b> shot (a strike), then reset your skittles and throw again. If you score another strike, then you get <b>2 bonus points</b>. <b>If you do not score another strike then you don't get any bonus points.</b> Repeat this until you do not score a strike. There is no limit to the number of bonus points that you can score.</p>
<b>Scoring</b>	<p>You get <b>2 points</b> for each of the skittles that you knock down within 3 shots. Maximum of 12 points with your initial shots.</p> <p><b>Bonus 'Strike' Points:</b> If you knock all of your skittles down with your <b>first</b> shot (a strike), then reset your skittles and throw again. If you score another strike, then you get <b>2 bonus points</b>. <b>If you do not score another strike then you don't get any bonus points.</b> Repeat this until you do not score a strike. There is no limit to the number of bonus points that you can score.</p>
<b>Video Example</b>	<a href="#">Click for a video example.</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>Any objects that are roughly the size of a water bottle, which can be knocked over, will make great skittles.</p> <p>If you don't have a small ball, a rolled-up pair of socks will work perfectly.</p>

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<b>Adaptation for Inclusivity</b>	This challenge can be completed seated.
<b>Coaching Points for Improvement</b>	The only coaching tip for this week is to have a big smile on your face and to have great fun doing this challenge.



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<b>Challenge 3 Title</b>	Hopping Mad
<b>Challenge Description</b>	<p>You will need a partner for this challenge, and something to use as a baton.</p> <p>Place 2 cones 5 metres apart.</p> <p>Starting at one cone, hop to the other on your right leg, turn, and hop back on your left leg.</p> <p>Pass your baton to your partner, who will then do the same. Repeat this as many times as you can.</p> <p>How many times can you pass the baton in <b>1 minute</b>?</p> <p>You and your partner must be behind the cone when you pass the baton. You must not throw the baton.</p>
<b>Scoring</b>	How many times can you pass the baton in <b>1 minute</b> ?
<b>Video Example</b>	<a href="#">Click for a video example.</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If space is restricted, you can always reduce the distance to 2.5 metres and perform the course twice before passing the baton to your partner.</p> <p>If passing a baton is not suitable, you can shout 'go' as you pass the starting cone. Make sure that your partner doesn't start too early.</p> <p>If you don't have a partner, you can perform this challenge on your own, counting each time you return to your starting cone.</p>
<b>Adaptation for Inclusivity</b>	This challenge can be performed in a wheelchair, going forwards on your way out, and backwards on your way back.
<b>Coaching Points for Improvement</b>	The only coaching tip for this week is to have a big smile on your face and to have great fun doing this challenge.

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<b>Challenge 4 Title</b>	Egg & Spoon Race
<b>Challenge Description</b>	<p>For this challenge you will need a spoon, and a (hard-boiled) egg (a small ball or ball of paper will work as a less-messy alternative).</p> <p>Set up 4 cones in a line, each 1 metre apart. (3 metres in total)</p> <p>Balancing your egg on your spoon, weave in and out of your cones. You get 1 point each time you get back to your starting cone without your egg falling off of your spoon.</p> <p>If your egg does fall off of your spoon, you must return to your starting cone and start your lap again.</p> <p>How many points can you get in <b>1 minute</b>?</p>
<b>Scoring</b>	<p>You get 1 point each time you get back to your starting cone without your egg falling off of your spoon.</p> <p>If your egg does fall off of your spoon, you must return to your starting cone and start your lap again.</p> <p>How many points can you get in <b>1 minute</b>?</p>
<b>Video Example</b>	<a href="#">Click for a video example.</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have an egg, any small ball or a ball of paper will work.</p> <p>If you don't have a spoon, a small bat or racket is fine, or even just the back of your hand.</p> <p>Shoes and tins make great alternatives for cones.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be performed in a wheelchair, balancing the egg on your lap.</p>
<b>Coaching Points for Improvement</b>	<p>The only coaching tip for this week is to have a big smile on your face and to have great fun doing this challenge.</p>

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**Scorecard**

<b>Name</b>	
<b>School</b>	
<b>Year Group</b>	
<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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