

THE 'WILLIAM LAMB' ATHLETICS CHALLENGE 2020

Dear students and athletes, years 1 to 6, within Salisbury and surrounding area,

Are you going to struggle with no school athletics over the next few months while you wait to see when you can return to school? Did you want that chance to compete at the SUPER 8's, Junior Wessex or IAPS, and other exciting school athletics competitions? Were you looking forward to sports day? Fear not! You might like to consider taking part in this 'Virtual' Salisbury Primary Schools Challenge organised by me, Lucy Edwards, but inspired by a great friend of mine, William.

William Lamb, Year 5 at Chafyn Grove School, was disappointed that his older sisters were able to compete in the 'Virtual' SASAA Area Athletics Event, this month, organised for all Salisbury kids in years 7 to 13. Sadly, he was too young! He thought it would be a great idea if we could come up with a challenge that his friends and, other Salisbury kids, could enjoy whilst stuck at home over the next few months.

So, after much work, here it is! The 'William Lamb' Athletics Challenge 2020.

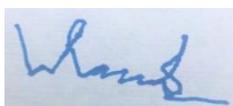
The event comprises of 20 simple athletic challenges that you can do at home, with your family. These challenges are divided into four categories: running, jumping, throwing and pets! All can be done with minimal equipment, limited space, whenever you can find the time and you do not have to have any athletics experience! All you have to do is complete as many of the challenges as you want, as many times as you like and record your best performances on the attached results sheet.

You must then return your results to **YOUR** PE Department and they will let you know how you are doing.

William and I hope that you enjoy these fun challenges and we hope that you, and lots of other athletes across Salisbury, will take part in this unique athletics event.

Should you have any questions, contact your PE Staff who will be able to help. We wish you all the best whilst in lockdown.

Stay safe and keep fit,



Lucy Edwards and William Lamb

Event Organisers

GOOD LUCK TO YOU ALL AND HAVE FUN.



Running Challenges x 6

CHALLENGE 1 – SIDE SHUFFLES

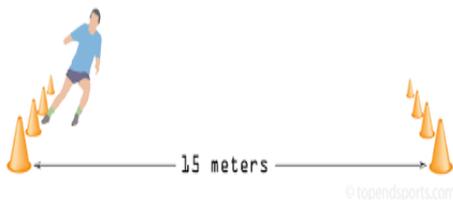
How many side-step shuffles can you complete in 1 minute?



Place 2 cones 5 m apart. Keeping side on, side shuffle between the 2 cones. Touch the cone with the outside hand and then side shuffle back to the first cone. This counts as 1 rep, record how many you complete in 1 minute.

CHALLENGE 2 – RUN TEST (Adapted from the bleep test)

How far can you run in 1 minute and/or 5 minutes?



Place 2 cones 15m apart. Run between the cones, turning with your foot level with the cone before pushing off. This is similar to the bleep test but you choose the speed you run at. Count how many times you complete each 15m rep, record this and how long you ran for.

CHALLENGE 3 – 2.5 kms ‘CAPT TOM MOORE’ WALK/RUN

How fast can you run or walk 100 x 25m laps



Inspired by the amazing Captain Tom Moore, who currently has raised over £32 million for the NHS, measure a 25m loop in your garden or within the house. How long does it take you to walk or run 100 laps? Record your time.

CHALLENGE 4 – 100m SPRINT



Being creative place 2 cones 100m apart, in a safe area free from hazards. Time how fast you can run the course, ensuring that you have measured out the distance correctly and have completed a good warm up.

CHALLENGE 5 – 800m RACE



Using fit bits, google maps or whatever, measure out a 800m course. Any surface of your choosing and it can be one circuit or repeated shorter circuits. Make sure that you are running with your parents, if leaving the house. Time how fast you can run the distance,

CHALLENGE 6 – 3000m STRAVA RACE



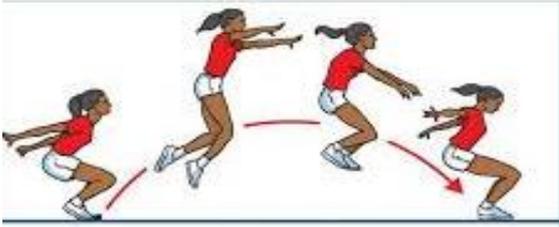
If you can get out into the countryside and fancy stretching those legs, download ‘Strava’, a free App, and run a 3 km of your choice. Take a screen shot of your distance, pace, time and route and submit with your result sheet.



Jumping Challenges x 4

CHALLENGE 1 – STANDING JUMP

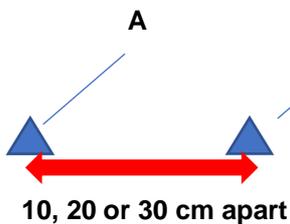
How far can you jump from a standing position?



Mark out a line on the ground. Stand behind this line, swing your arms and see how far you can jump. Measure the jump from the line to the closest part of your body when you land, this could be your heel, or bottom if you fall backwards! Record your best of 3 jumps in cms.

CHALLENGE 2 – SPEED JUMPING

How many jumps can you do in 1 minute?



Mark 2 lines 10cm, 20cm or 30 cms apart. Place your toes to line A, jump 2 footed over line B and then jump backwards behind line A. This counts as 1 rep. Record how many reps you do in 1 minute.

CHALLENGE 3 – SKIPPING ROPE

How many skips can you do in 1 or 5 minutes?



Hold the rope with it behind your feet on the ground, start to skip and every time you jump the rope it counts as 1, how many can you do in 1 or 5 minutes. They do not have to be continuous. Record how many skips you complete in 1 or 5 minutes.

CHALLENGE 4 – HOPSCOTCH CHALLENGE

How long does it take to complete 5 Hop Scotch route, without having to retrieve an object?



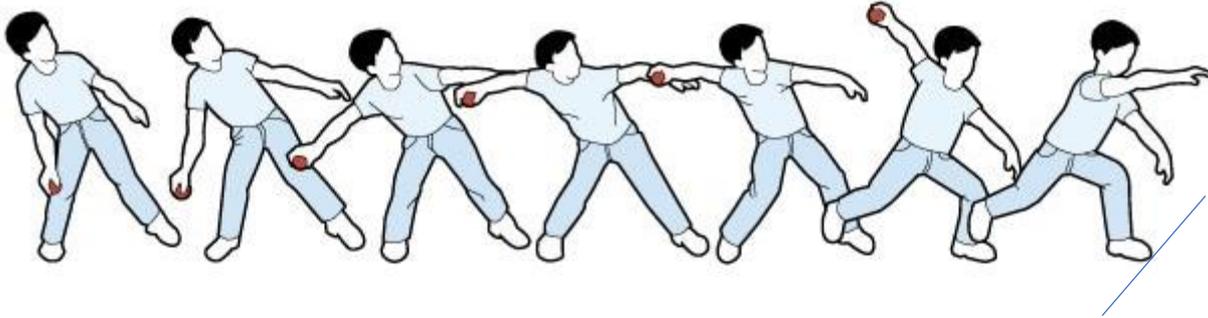
Get your parents to mark out a hopscotch course in the garden with chalk or string. Time how long it takes to hop and step up the course 5 times in total! Hop and stepping up to 10 and back to 1, counts as 1 rep. How long does it take you to complete it 5 times! Jump on all squares, none are to be missed out!



Throwing Challenges x 4

CHALLENGE 1 & 2 – CRICKET BALL AND TENNIS BALL THROW

How far can you throw a cricket ball and a tennis ball from standing?



IF YOU HAVE SPACE!

Measure your throw from behind the line and where the ball lands in metres.

How far can you throw a cricket ball and a tennis ball with a run up?

As above but the ball must be released behind your line.

Record your best throws, stating what ball was used and whether you were doing a standing throw or with a run up.

CHALLENGE 3 – ACCURACY THROW

How many times can you throw the tennis ball into a 30 x 30 cm square from 5m away?



Measure a line 5m from an outside wall. Mark a 30 x 30 cm square on the wall, at a height of your choosing. How many throws out of 20 can you get into the square? Record your results out of 20.

CHALLENGE 4 – BALLOON KEEP IT UPPIES

How many times can keep the balloon up?



A rather rowdy, but great fun game! Check that you have some open space around you, this is not a game for your kitchen or sitting room! Simply blow up some balloons and the family must keep the balloons from touching the floor. How many balloons can you keep off the ground at once, for 1 minute, without any of them touching the floor. To make it harder, do not use hands or arms! Record how many people played, how many balloons were used and whether arms were used!



Pet Challenges x 6



CHALLENGE 1 – PET SQUATS

How many squats can you perform holding your pet(s)?



Ensuring that you maintain the correct squat technique; wide stance, sit back as if in a chair and make sure your knees stay behind the toes. Practice first without your pet to ensure that you have the correct technique before adding the pet. How many squats can you do in 30 seconds or 1 minute, cuddling your pet! Record the number of squats, how long you took.

CHALLENGE 2 – PET RUN

How fast can you run 5m, 10m or 50m with your pet?



Both pet and athlete must stand behind the start line. Time how long it takes to complete the 5m, 10m or 50m course, this will be pet dependent, time finishes when both pet and owner have crossed the finish line!

CHALLENGE 3 – PET HIGH JUMP

How high can your pet jump (separate category for horses!)



Build a high jump area in accordance with Health and Safety Regulations so that no pets are harmed during this activity. Measure the height of the bar from the ground surface to the top of the bar (in cms).

CHALLENGE 4 – PET LONG JUMP

How far can your pet jump, without or with (if they are daredevils) help?



Quite simply measure how far can your pet jump or stride, with or without assistance? Measurements from front foot/paw/hoof on take-off and back of the foot/paw/hoof closest to the take-off spot on landing. If assisted flight being undertaken, please ensure pet is safe, at all times!

CHALLENGE 5 – PET THROW

How far away can your pet be to catch their ball/toy without a bounce?



Measure the distance from you to your pet then see if you can throw an item for them to catch. Measure the distance, in metres, from your front foot to the spot that the pet catches the item without a bounce.

CHALLENGE 6 – PET BALANCE

How long can you balance on item on your pet's head for?



Quite simply what can you balance on your pet's head, for how long? Make sure that it is safe to do and that your pet does not try to eat what is on their head once it drops. Photos to be submitted with this challenge!

The 'WILLIAM LAMB' ATHLETICS CHALLENGE 2020 RESULTS SHEET

ATHLETE NAME:

PET NAMES:

CLASS:

FAVORITE EVENT:

BEST EVENT:

CHALLENGES	RESULT	ADDITIONAL INFORMATION
RUNNING CHALLENGES	Time Number Distance	Circle as appropriate:
1. Side Shuffles.		
2. Run Test.		1 min or 5 mins,
3. 2.5 kms Capt Tom Moore Walk/Run.		
4. 100m Sprint.		
5. 800m Race.		
6. 3 kms Strava Race.		
JUMPING CHALLENGES		
1. Standing Jump.		
2. Speed Jumping.		
3. Skipping Rope.		1 min or 5 mins.
4. Hopscotch.		
THROWING CHALLENGES		
1. Standing Throw.		Cricket ball or tennis ball.
2. Throw with Run Up.		Cricket ball or tennis ball.
3. Accuracy Throw.		5m from wall
4. Balloon keep it Uppies.		People: , Arms used Y or N
PET CHALLENGES		
1. Pet Squats.		How heavy is the pet:
2. Pet Run.		Over the following distance:
3. Pet High Jump.		Pet name and type:
4. Pet Long Jump.		Pet name and type:
5. Pet Throw.		Pet name and type:
6. Pet Balance.		Item balanced:

Once results have been entered please return to your PE Department.

THANK YOU FOR TAKING PART AND WILLIAM AND I HOPE YOU ENJOYED YOURSELVES.