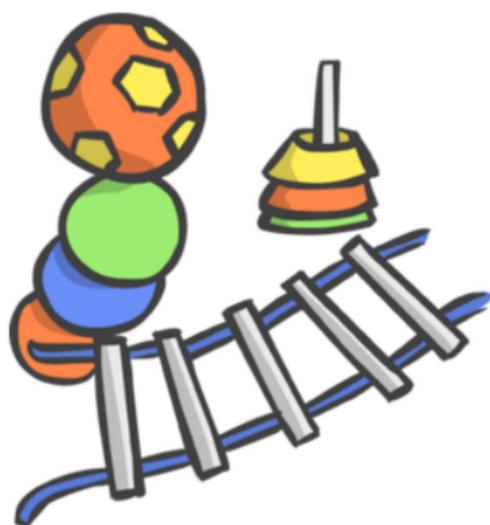




SCHOOL
GAMES



Team Wigan



Key Stage 1 Personal Challenge Festival

Autumn
2021



Key Stage 1

Team Composition

Split class into 4 teams, this could be house groups or colours. Each team starts on a different station/activity and rotates around to complete all four challenges



Scoring & Results

- All pupils can achieve a personal best score for each activity.
- Class teachers/assistants can use the attached score sheets to record scores for each child per activity.
- Scores for all pupils in a team are added together to give a team score.
- Teams can compete against each other within their class or class V class by adding the score of the 4 teams each class.
- If teams or classes are not of equal sizes then take the best 'X' amount of scores per team/class.

Rules and Format

- Set up the four activities as stations in the area being used so the four groups can rotate around.
- Each pupil should take their attempt at the 60 second challenge and record the result.
- Each pupil will have their own overall score by adding together their four results.
- The personal challenge carousel can be completed any number of times with the pupils aiming to improve their personal bests.
- Each individual activity can be used as a stand alone personal challenge at break times/lunchtimes or as a quick brain break activity.

Rewards

Certificates of participation will be provided. The use of certificates for pupils displaying the School Games Values is encouraged.

Personal Challenge

Every participant aims to improve their performance with each attempt at the challenges.

School Games Values





Health & Safety



Government Guidelines should be followed throughout.

Area being used should be risk assessed by the school before any activity takes place.

No jewellery to be worn.

All loose clothing to be tucked in.

Long hair tied back.

Individual school policy's & risk assessments should be adhered to.

Learning Outcomes



Physical Me: developing skills, confidence and competence in agility, balance and hand eye coordination.



Social Me: opportunity to work with my peers to develop skills, promote understanding and exchange feedback on my performance.



Thinking Me: developing awareness and understanding of what went well and what I could do to improve my own, or my team's performance.



Healthy Me: contributing towards my 60 minutes of recommended physical activity a day as well as making me feel good and improving my concentration and performance.

Further Opportunities

For further challenges and activity ideas head over to the Youth Sport Trust website - <https://www.youthsporttrust.org/resources-and-learning/resources-library/primary-schools>



Contacts



Cathy Robinson (West):

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<https://www.yourschoolgames.com/sgo/lowtonwigan/>

60 Second Challenge

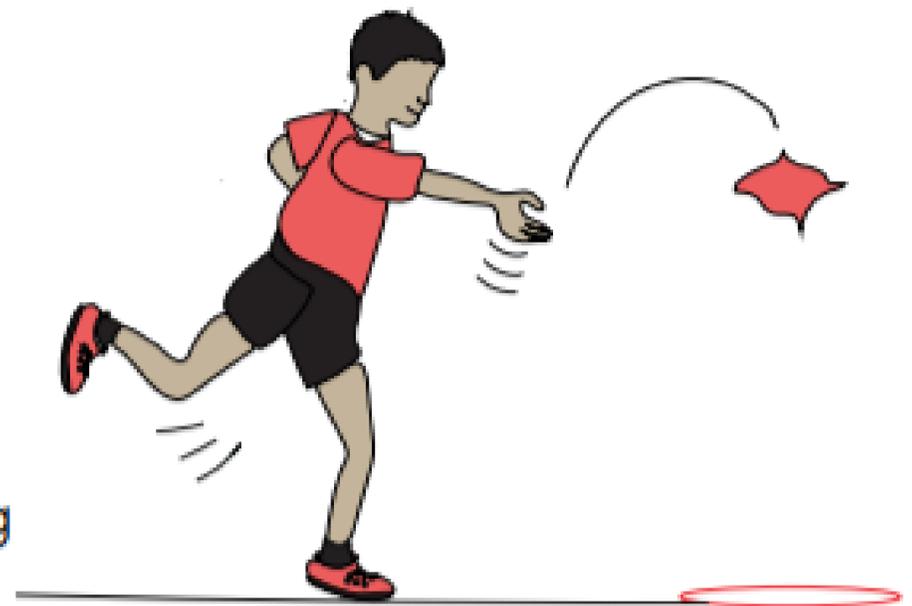
Bean Bag Throw

Can you focus, concentrating on the target?

The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.



#StayHomeStayActive

Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

Achieve Gold

30 Throws



Achieve Silver

25 Throws



Achieve Bronze

20 Throws



60 Second Challenge

Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



#StayHomeStayActive

Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



60 Second Challenge

Super Slalom Run

Can you try and run as fast as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs



60 Second Challenge

Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge

How many star jumps can you complete in 60 seconds?

Make sure you clap your hands above your head and bring your feet together.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

60 Star Jumps



Achieve Silver

45 Star Jumps



Achieve Bronze

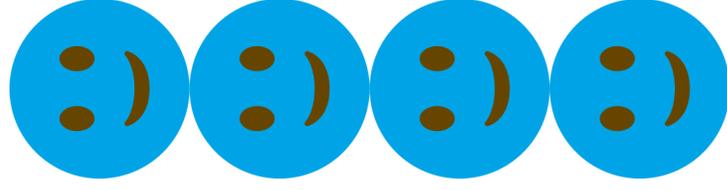
30 Star Jumps



Activity 4



Activity 1



Activity 3



Activity 2

Example Layout

