



THE RULES

- ★ Start from a standing position, behind a start line
- ★ On 'Go' start the stopwatch and run 10m to a marker—place 1 foot over the line, before turning and running back to the start line
- ★ Stop the stopwatch once you have run 10m, 10 times

EQUIPMENT

- ★ Markers; water bottles, tins, socks, books
- ★ Stopwatch
- ★ Tape measure



INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Reduce the number of shuttles you complete
- ★ Reduce the distance between the start line and turning line

HARDER

- ★ Increase the distance between the start line and turning line
- ★ Increase the number of shuttles completed
- ★ Beat a set time

HOW LONG DID IT TAKE YOU?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>



THE RULES

- ★ Stand with both feet behind a take-off line
- ★ Jump forwards, taking off from 2 feet, as far as possible, from a standing position
- ★ Land with both feet together
- ★ Measure the distance between the back of the foot, or body part closest to the take-off line

EQUIPMENT

- ★ Take off line; chalk line, string, sock etc...
- ★ Tape measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Instead of jumping with 2 feet together, start on 2 feet and leap onto 1 foot
- ★ Start on 1 foot and leap onto 2 feet

HARDER

- ★ Use markers to set target distances
- ★ Perform 3 consecutive jumps, taking off from where the previous jump finished

HOW FAR DID YOU JUMP?

WHY NOT HAVE A COUPLE OF ATTEMPTS

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



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THE RULES

- ★ Speed Bounce is a two-footed jump
- ★ You must take off and land on both feet
- ★ Your feet should leave the floor together and land on the other side of the barrier together
- ★ On 'Go' start the stopwatch and begin jumping and count each time you jump over the barrier

EQUIPMENT

- ★ Barrier to jump over; line on the floor, rolled up towel, rolled up newspaper
- ★ Stopwatch



INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Use a line on the floor or low level barrier to jump over
- ★ Reduce the time to 15 or 10 seconds

HARDER

- ★ Use a 20cm barrier to jump over
- ★ Increase the time to 30 seconds

HOW MANY SPEED BOUNCES DID YOU DO?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



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NAME	SHUTTLE RUNS	STANDING LONG JUMP	SPEED BOUNCE



DON'T FORGET TO LOG ALL YOUR SCORES TO EARN VIRTUAL SCHOOL GAMES POINTS FOR YOUR SCHOOL BY 5.00PM ON SUNDAY 1ST FEBRUARY 2021

www.northamptonshiresport.org/virtual-school-games-challenges