



GBPA Games Pentathlon Challenge

SPORTS WEEK AT HOME

#SSWtogether #stayhomestayactive



As we missed our Healthy Heart week and Sports Day competition, we didn't want anyone to feel left out. This week is our sports week. Have a go at some of our challenges each day, record your scores and how many you can get on each activity.

If you want to send in any videos or take any pictures, please send them to admin stating Sports week. We would love to see how you are all doing. This is for:



- Year 1/2
- Year 3/4
- Year 5/6
- Staff
- Parent/Family



Watch the video on the website and have a go at our home challenge sports week. On top of this, have a look at how we can stay healthy, follow the links below and choose some yummy recipes and activities to keep you happy and healthy this summer.

- <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity>
- <https://www.nhs.uk/change4life/recipes>
- <https://www.nhs.uk/change4life/activities>
- <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- <https://www.bbcgoodfood.com/recipes/category/family-kids>

Hope you are all well,
Mrs Humphrey



Monday - Foot Tap Challenge:

Task: Stand with the ball near your feet. Tap the ball with each foot alternately whilst circling around it.

Equipment needed: a ball

Scoring: How many taps can you achieve in 20 seconds?

More challenging: smaller ball

Less challenging: larger ball



Tuesday - Wall Catch Challenge:

Task: Stand a short distance from the wall. Throw the ball against the wall and catch it again. Repeat for 20 seconds.



Equipment needed: a ball and a wall

Scoring: How many successful catches can you achieve in 20 seconds?

More challenging: smaller ball; stand further away; use only one hand

Less challenging: larger ball; stand closer; use both hands

Wednesday - Target Throw Challenge:

Task: Place the container on the ground and stand approx. 5 steps away and place your marker. Using an underarm throw, try to throw your bean-bag/rolled up sock into the container. Run and collect it, return to your marker and throw again. Repeat as many times as you can in 20 seconds.

Equipment needed: bean-bag or rolled up sock; bucket or similar container; a marker/object

Scoring: How many times did you successfully throw the bean-bag/rolled up sock into the container in 20 seconds?

More challenging: place your marker further away; use an overarm throw

Less challenging: place your marker closer



Thursday - Mountain Climbers Challenge:

Task: Start in the front support position (press-up position/plank). Bring 1 knee to your chest and return it to the starting position; then bring the other knee up to your chest and return. Repeat as quickly as you can for 20 seconds.

Equipment needed: None

Scoring: How many times can you bring a knee up to your chest in 20 seconds?

More challenging: bring your other knee up whilst the first one is still returning to the starting position (like you are running)

Less challenging: lean with your hands on something stable so you are in a more vertical position



Friday - Round the World Challenge:

Task: Pass the ball from hand to hand around your waist as quickly as you can. Repeat for 20 seconds. If you drop the ball just pick it up and keep going.



Equipment needed: a ball

Scoring: How many times can you pass the ball around your body in 20 seconds?

More challenging: a larger ball is more difficult to hold in your hand

Less challenging: a smaller ball is easier to hold in your hand

GOOD LUCK!

