

# NOTTS SCHOOL GAMES

Rushcliffe School Sports Partnership is continuing to work with Nottinghamshire partners to establish a weekly schedule of School Games challenges during the latest lockdown that will help schools to provide opportunities for pupils both in school and at home. The challenges start on Monday 18th January with Ashfield SGO Glynn Hall giving video demonstrations.

Each challenge will last for one week. There will be a version for use in school using PE equipment that can be practised in the hall or outside at break or dinner time, plus a home version using household objects which pupils that are home-schooling can take part in.

Both challenges allow pupils to work towards achieving their Personal Best, each pupil should set an initial level of performance and aim to improve during the week. Schools can choose to collect results, but it would be great to establish how many of your pupils are taking part.

RESOURCE PRODUCED  
IN PARTNERSHIP



For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#)

Active Notts and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

## WEEK 1 - CHALLENGE

## In School Challenge

### OVERVIEW

**AIM:** To move tennis balls from one upturned cone to another as many times as possible in 60 seconds.

Differentiation by distance between numbered and lettered cones (the run zone):-

KS1= 1m KS2= 2m Secondary= 3m

Watch here: [https://youtu.be/nztAgbo\\_HZA](https://youtu.be/nztAgbo_HZA)

### Set Up and Rules

Place 3 tennis balls (or similar sized balls) in 3 upturned cones in a line 1 metre apart, 3 more upturned cones the correct distance away depending on the pupil's Key Stage and 2 larger cones as base cones 3 meters apart.

Start by standing next to cone S

On the starting instruction "On your marks, GO!" run and pick up the ball from cone 1 and move it to cone A, then move ball 2 to cone B, ball 3 to C. The ball must stay in the cone to count.

Once at the end run around the base cone and repeat moving the balls in reverse order; C to 3, B to 2 and A to 1.

Again when reaching the end run around the base cone, turn around and repeat.

How many balls can you move from cone to cone in 60 Seconds?

### COACHING TIPS

Pick up the ball with one hand, move it to the other hand and sidestep between the cones.

Bend low to place the ball on the cone so it doesn't roll out.

## Ball Transfer

### EQUIPMENT NEEDED

Stop Watch

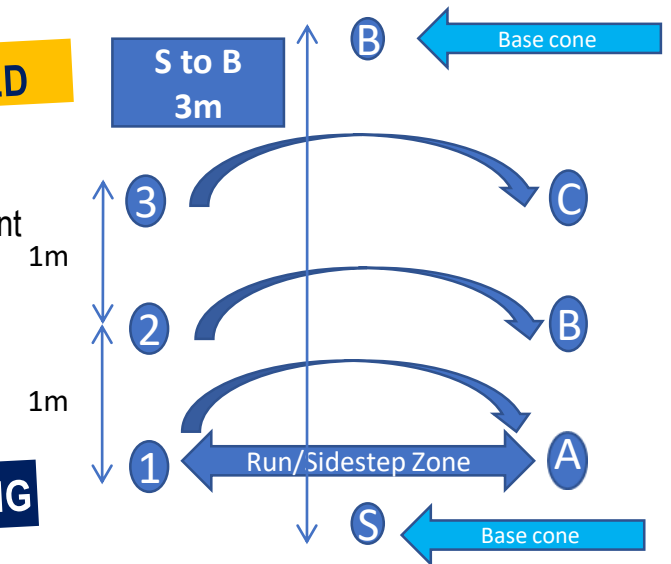
3 Tennis balls or equivalent

6 x disc cones

2 x larger cones

Tape Measure

### SCORING & JUDGING



Each Player has 60 seconds to move as many balls as possible from upturned cone to upturned cone.

Players must run around the base cones placed at each end of the run zone. The ball must be placed in the cone and stay in it to receive 1 point (no throwing).

Partner/Sports Leader should give the starting instructions, time 60 seconds and count the number of successful ball transfers.

### How To Practise / Get Better

Keep knees bent, use small quick steps especially when moving around the end cones.

## WEEK 1 - CHALLENGE

### At Home Challenge

#### OVERVIEW

**AIM:** To move a balls made of socks from the top of a tin to another as many times as possible in 60 seconds

Watch here:

Set Up and Instructions

<https://youtu.be/LwYjoCZFT-4>

Challenge Attempt

<https://youtu.be/IQ9tMdAaggl>

#### Set Up and Rules

Place 2 tins 50cm apart and another 2 tins, also 50cm apart, 2m away as shown in the diagram. On two tins (yellow) place a ball made of rolled up socks.

Start by standing between and behind the tins without the sock balls (green).

On the starting instruction "On your marks, GO!" Run and pick up the ball from one tin, turn and place it on the tin opposite. Then collect the second sock ball and put it on the tin opposite.

Once you have collected both sock balls run through and around one of the tins 2m away before repeating the process (see video examples).

How many times can you move from the balls from tin to tin in 60 Seconds?

#### COACHING TIPS

Pick up the ball with one hand, move it to the other hand and sidestep between the tins.

Bend low to place the ball on the tin so it doesn't fall off

## Sock Transfer

#### EQUIPMENT NEEDED

Stop Watch / Mobile Phone to time

2 x balls made of socks

4 x Tins or upturned mugs

Tape Measure

#### SCORING & JUDGING

The participant has 60 seconds to move the balls as many times as possible from tin to tin.

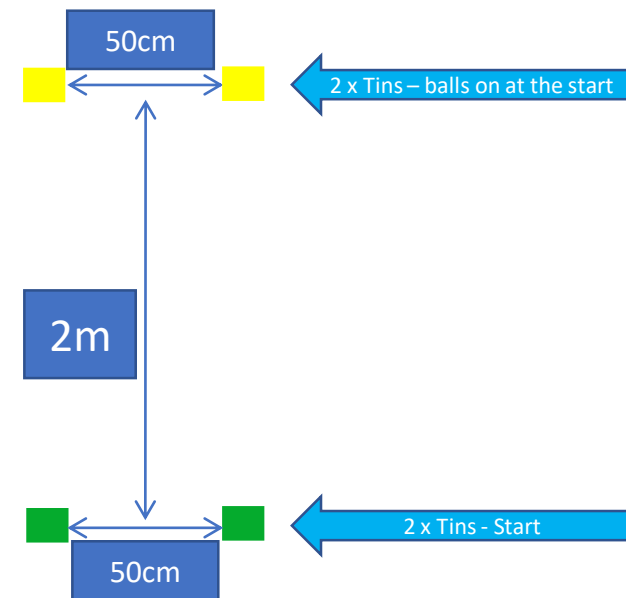
The ball must be placed on the tin and stay on it to receive 1 point (no throwing). If the sock ball falls off that point does not count.

If the participant fails to run around a tin after putting both sock balls on the opposite tins take off 2 points.

Parent/Guardian/Brother/Sister should give the starting instructions, time 60 seconds and count the number of successful sock transfers

#### How To Practise / Get Better

Practise the sequence of collect, place, collect, place then run through and around cones so it becomes familiar





# Individual Scoresheet.

Try to do the Challenge twice a day.  
Record your first attempt and best score



**Send your results to your teacher at the end of the week**

Name:- Year Group:- School:-	#BallTransfer Attempt 1	#BallTransfer Attempt 2
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
	1st Score:	Best Score:

Name:- Year Group:- School:-	#SockTransfer Attempt 1	#SockTransfer Attempt 2
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
	1st Score:	Best Score: