

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 Friday 29th 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.

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

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/IQ9tMdAagqI>

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

