

## The Valley School Sports Festival Challenges

We were due to hold our annual Sports Festival on Thursday 11<sup>th</sup> June, The PE department have decided to set a number of challenges that you and your family members can complete. We will add a points system like we would do at the Sports Festival. We would love it if you sent some videos in that we can share on our website, supporting your houses colours. Please send your videos to my email

[Elliot.walker@thevalley.herts.sch.uk](mailto:Elliot.walker@thevalley.herts.sch.uk) if you do not want your video shared, please still send it but let me know its not to be shared. I look forward to receiving your videos.

Difficulty	Points
	15
	10
	5

House	Colour
Oak	
Maple	
Rowan	
Willow	

### Challenges

Number	Event / Activity	How do	Equipment	Difficulty/Points
1	Up / Down (1 minute how many?)	Run / Walk up down stairs / Hall way (Be careful)	Stairs Hall way Timer /Stop watch Space	You score an extra point for every score over 10- E.G 15 means you will score 10 points
2	Star jump (1 minute how many?)	How many do 1 minute	Timer /stop watch Space	Extra points will be awarded to someone who scores over 20 star jumps. So if they get 21 they score 6 points.
3	Boxing	How many punches (air) in 1 minute	Timer /stop watch Space	Extra points will be awarded to someone who scores over 45 punches. E.G 50 punches will give you 10 points.

<b>4</b>	Sit-up Challenge (1 minute how many?)	Complete as many Sit-ups as you can in 1 minute.	Space	Extra points will be awarded to someone who scores over 20 sit-ups. E.G 21 punches will give you 6 points.
<b>5</b>	Throw & catch (1 minute how many?)	Throw ball against the wall and catch it. You can use 1 hand or 2.	Wall Ball Timer /stop watch	Extra points will be awarded for the size of the ball used and extra for each point for each over 20. E.G 25 means you will score 10 points.
<b>6</b>	Squat Challenge (1 minute how many?)	Complete as many squats as you can in 1 minute	Space Timer/ Stop Watch	You score an extra point for every score over 10- E.G 15 means you will score 10 points.
<b>7</b>	High Knee Challenge (1 minute how many?)	Complete as many High Knees as you can in 1 minute.	Space	Extra points will be awarded to someone who scores over 20 High Knees. E.G 21 punches will give you 6 points.
<b>8</b>	Complete a Just Dance workout	Complete your favorite just Dance workout.	Space Just Dance Youtube Video	Extra points will be awarded to someone who can complete more than 3 days in a row. E.G someone does 5 days they score 7 points.
<b>9</b>	Yoga Challenge	Complete a yoga video from YouTube with your family.	Space Youtube Video	Extra points will be awarded to someone who can complete more than 3 days in a row. E.G someone does 5 days they score 7 points.
<b>10</b>	Throwing/ Catching	Throw and catch with another family member.	See how many times you and a partner can throw and catch a ball without it dropping.	Extra points will be awarded to someone who can throw and catch 20 times. E.G 21 catches scores 6 points.

<b>11</b>	Balance a book on your head (How long?)	Balance a book on your head for as long as you can.	Book Timer /Stop watch	You score an extra point for every second over 1 minute. E.G 1.05minutes scores you 15 points.
<b>12</b>	Dress up race (How long does it take for you to get from the start to the finish line?)	3 clothes (different) T-shirt / jumper Trousers / short Hat / scarf	Clothes Timer /stop watch Space	Extra points will be awarded for time and length of the course. Also extra points for the difficulty of the clothes.
<b>13</b>	Standing long jump	How far can you jump? 3 jumps (furthest jump)	Measure tape/ Ruler Space	Extra points for each score over 1.5m. E.G if someone gets 1.60m they will score an 12 points.
<b>14</b>	Hop (1 minute how many?)	Hop around a course/circuit. Either the hallway or a garden space.	Hall way Timer /stop watch	Extra points will be awarded for the size of the circuit and for anyone who scores over 5. E.g 6 Laps scores you 11 points.
<b>15</b>	Joe Wicks Workout	Complete Joe Wicks workout for 3 consecutive days.	Electronic Device Space	Extra points will be awarded to someone who can complete more than 3 days in a row. E.G someone does 5 days they score 12 points.
<b>16</b>	Burpee Challenge (1 minute how many?)	Complete as many Burpees as you can in 1 minute.	Space	Extra points will be awarded to someone who scores over 20 Burpee. E.G 21 punches will give you 11 points.
<b>17</b>	Walk with family	Get outside and go for walk with your family.	Destination Timer/Stop watch	Extra points will be awarded to someone who can complete more than a 30-minute walk. E.G 31- minute walk they score 11 points.
<b>18</b>	Lunges (1 minute how many?)	Complete as many Lunges as you can in 1 minute.	Space	Extra points will be awarded to someone who scores over 20 Lunges. E.G 21 lunges will give you 11 points.

<b>19</b>	Obstacle Course	Create a fun soft obstacle course out of things you have in your home/Garden.	Space Items	Extra points will be awarded for time and length of the course. Also extra points for the difficulty of the course.
<b>20</b>	Trampoline Challenge	Complete a series of different moves on a trampoline.	Trampoline	Extra points will be awarded to someone who completes a difficult trampoline move.
<b>21</b>	Speed bounce (1 minute how many?)	Jump over an object in the house, for example a cushion.	Object Timer /stop watch Space	Extra points will be awarded for the size of the object and extra for each point over a minute. E.G 15 means you will score 20 points.
<b>22</b>	Sprint on spot	How long can you sprint on the spot for? Pumping knees and arms.	Timer /stop watch	Extra points will be awarded for anyone who scores over 2 minutes. So if someone gets 2.10minutes they will score 16 points.
<b>23</b>	Find missing items	Have a start and finish point and go and collect 5 items of your house colour.	5 Different Items Timer /stop watch	Extra points will be awarded to someone who gets under 1 minute. E.G someone gets 59seconds they score 16 points.
<b>24</b>	Aiming/Bowling 3 Attempts	Find non-breakable objects in the house to be used as pins and something soft to aim/bowl at them.	Objects Space	Extra points will be awarded to someone who can get all the pins down in 2 attempts out of 3 E.G 3 out of 3 they will score 20 points.
<b>25</b>	Bicep Hold	Holding an object out, hold arm out in line with shoulder.	Timer /stop watch Object to hold	Extra points will be awarded to someone who can hold the object for 1 minute and extra points for the weight of the object.

26	Football Juggling	Keep the football up for as long as you can without it hitting the floor.	Football	Extra points will be awarded to someone who can score over 5 keepy-ups with the football. E.G if you score 10 you score 20 points.
27	Press-up Challenge (1 minute how many?)	Complete as many Press ups as you can in 1 minute.	Space	Extra points will be awarded to someone who scores over 20 High Knees. E.G 21 punches will give you 16 points.
28	Juggle Challenge	Can you juggle with 2 or more objects?	Objects Space Timer/Stop watch	Extra points will be awarded to someone who can juggle for 10 seconds. E.G 11 seconds scores 16 points.
29	Plank Challenge	How long can you hold the plank for?	Space	Extra points will be awarded to someone who scores over 40 seconds on the plank. E.G 41 seconds score 16 points.
30	Own Challenge	Create and share your own challenge for others to complete	Objects Space	Extra points will be awarded to someone who comes up with a difficult challenge.

### Links to Videos that may help:

**Speed Bounce:** <https://www.youtube.com/watch?v=QGQ-0lvdP5I>

**Squat:** <https://youtu.be/aclHkVaku9U>

### Standing Long Jump:

<https://www.youtube.com/watch?v=CpmTk9kmdm8>

### Joe Wicks:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

**Sit-ups:** [https://www.youtube.com/watch?v=1fbU\\_MkV7NE](https://www.youtube.com/watch?v=1fbU_MkV7NE)

**Press-ups:** <https://www.youtube.com/watch?v=wmNoe3JYe4c>

**Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>

**Burpees:** <https://www.youtube.com/watch?v=DWoMu-v4ZUM>

**Plank:** <https://www.youtube.com/watch?v=F7GQkpljUXg>

**Lunges:** <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

**Juggling:** <https://www.youtube.com/watch?v=k5gA2RWDujY>

**Football Juggling:** <https://www.youtube.com/watch?v=krSBbunxdUg>

**Just Dance:**

[https://www.youtube.com/results?search\\_query=just+dance+1+player&sp=EiSSASEKCi9tLzA5djl2ZDgqE2p1c3QgZGFuY2UgMSBwbGF5ZXJ4AQ%253D%253D](https://www.youtube.com/results?search_query=just+dance+1+player&sp=EiSSASEKCi9tLzA5djl2ZDgqE2p1c3QgZGFuY2UgMSBwbGF5ZXJ4AQ%253D%253D)