



WINDSOR

SCHOOL SPORT PARTNERSHIP

VIRTUAL SCHOOL HOUSE COMPETITION



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GOOGLE FORM

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HOME CHALLENGES

In this booklet, you will find some tough challenges to try to complete. You can choose which ones to try, record your progress and time yourselves. Don't forget to check out the video examples linked on each page.

School Competition:

You are competing within your school house against the other houses. Each time you complete a challenge, fill in the **GOOGLE FORM**. All entries will be checked weekly and results will be sent to your school.

Tips:

- Do short sessions of no more than 30 minutes. 2 sessions a day is ideal.
- Don't do them all at once and celebrate your successes.
- Tell someone which challenge you're trying.

	Date Started	Milestone		Challenge Completed	Date Completed	Time Spent	Extra Challenge Completed
		1	2				
Bike Balance							
Juggle							
Head stand							
Keepy Ups							
Card Shuffle							
Ball Spin							
Cart wheel							
Head Stall							
Chain Reaction							

BIKE BALANCE

DESCRIPTION:

Be able to hold your balance at a stand still on a bike.

EQUIPMENT:

Bike.

SUCCESS:

Balance for 20 seconds.

MILESTONE 1: Balance for 5 seconds.

MILESTONE 2: Balance for 10 seconds.

TIPS:

Try on an slight uphill slope.

Turn the front wheel diagonally.

Use a rocking motion back and forth.

Only tap on brakes, don't hold them.

EXTRA CHALLENGE:

At a standstill, hop the bike round to face the other way.

VIDEO LINK

GOOGLE FORM

JUGGLE

DESCRIPTION:

Be able to juggle using 3 balls.

EQUIPMENT:

3 juggling/tennis balls, fruit, socks.

SUCCESS:

Use 3 balls: juggle 30 times in a row.

MILESTONE 1: Using 2 balls, juggle 5 times in a row: 'right, left, catch, catch'.

MILESTONE 2: Using 3 balls, juggle 5 times in a row: 'right, left, right, catch, catch'.

TIPS:

Elbows close to the body. Arms out at 90°.

Master 1 ball: 'left to right'.

Master 2 balls: 'right, left, catch, catch'.

Master 3 balls: 'right, left, right, catch, catch'.

EXTRA CHALLENGE:

Whilst juggling, throw a ball under your leg.

VIDEO LINK

GOOGLE FORM

HEADSTAND

DESCRIPTION:

Be able to stay in a headstand.

EQUIPMENT:

Pillow, yoga mat, folded hoodie for your head.

SUCCESS:

Headstand for 20 seconds without wall support.

MILESTONE 1: Headstand with bent knees for 10 seconds.

MILESTONE 2: Headstand with straight legs balanced on a wall for 10 seconds.

TIPS:

Keep your core tight. Clasp your hands together. Head on the floor leaning against your hands. Use the wall to rest your feet.

EXTRA CHALLENGE:

Put your legs into different positions such as a straddle or the splits.

VIDEO LINK

GOOGLE FORM

KEEPY UPS

DESCRIPTION:

Be able to do keepy ups with a ball you haven't used before.

EQUIPMENT:

Football, tennis/rugby ball, rolled up socks.

SUCCESS:

Do 15 keepy ups.

MILESTONE 1: 10 times in a row, drop the ball onto your foot, kick it up and catch it.

MILESTONE 2: Do 8 keepy ups.

TIPS:

Keep a straight, horizontal foot, using the centre part of your foot.

Low and controlled kicks.

Always practice with both feet

EXTRA CHALLENGE:

Do 30, alternating foot each time.

VIDEO LINK

GOOGLE FORM

CARD SHUFFLE

DESCRIPTION:

Be able to shuffle playing cards.

EQUIPMENT:

Deck of cards.

SUCCESS:

Riffle shuffle and bridge a deck of cards in the air 3 times in a row.

MILESTONE 1: Riffle shuffle a deck of cards, using the corners of the cards, onto a table.

MILESTONE 2: Riffle shuffle a deck of cards in the air.

TIPS:

Start shuffling on a table using the corners. Fingers shouldn't block the release of cards. Bend cards to be able to release them 1 by 1.

EXTRA CHALLENGE:

Learn to card spring.

VIDEO LINK

GOOGLE FORM

BALL SPIN

DESCRIPTION:

Be able to spin a ball on a finger.

EQUIPMENT:

Large ball or book.

SUCCESS:

Spin the ball for 10 seconds.

MILESTONE 1: 10 times in a row, spin the ball and flick in the air then catch it.

MILESTONE 2: 10 times in a row, spin the ball, flick it in the air, tap it with your finger then catch it.

TIPS:

Use finger pads to twist the ball in your hand then flick the ball and catch.

Spin the ball on its vertical axis.

Tap the ball before holding it on your finger.

EXTRA CHALLENGE:

Add spin whilst spinning the ball on your finger.

VIDEO LINK

GOOGLE FORM

CARTWHEEL

DESCRIPTION:

Be able to do a cartwheel.

EQUIPMENT:

Cleared space: carpet or grass.

SUCCESS:

Do a straight legged cartwheel landing in a straight line.

MILESTONE 1: Bunny hop over a chair.

MILESTONE 2: Mini cartwheel on the floor with legs low out to the side.

TIPS:

Find your dominant hand and foot.

Bunny Hop over a chair. Then try on the floor and progress to a mini-cartwheel.

Use floor markers (socks) to place where you want your feet to land.

EXTRA CHALLENGE:

Do 2 cartwheels in a row in a straight line.

VIDEO LINK

GOOGLE FORM

HEAD STALL

DESCRIPTION:

Be able to balance a ball on your head.

EQUIPMENT:

Large Ball.

SUCCESS:

Balance the ball on your head for 10 seconds standing still.

MILESTONE 1: Balance the ball for 3 seconds.

MILESTONE 2: Balance the ball for 5 seconds standing still.

TIPS:

Use the top of your forehead.

Keep your eyes on the ball.

Have your back bent slightly backwards.

Balance your body under the ball.

EXTRA CHALLENGE:

Move the ball from a head stall to a neck stall.

VIDEO LINK

GOOGLE FORM

CHAIN REACTION

DESCRIPTION:

Be able to make a Rube Goldberg Machine.

EQUIPMENT:

Household items e.g. plastic cups, dominoes, ping pong ball, marbles etc.

SUCCESS:

Combine at least 10 different elements or pieces of equipment.

MILESTONE 1: Combine 3 different elements.

MILESTONE 2: Combine 6 different elements.

TIPS:

Get creative with the different items to use.
Practice transitions between two items before adding them to the finished product.

EXTRA CHALLENGE:

Move from 1 room to another or even make it reach outside.

VIDEO LINK

GOOGLE FORM