Skipping





How to start

- Stand on the spot holding your rope behind your legs
- Bring the rope over your head and then jump as the rope travels under your feet

<u>Challenge</u>

- When skipping, can you now double bounce?
- You will need to add in a small bounce between your big jump over the rope

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• How many can you do in 3 minutes?

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Q Q Q Q



YOUTH SPORT TRUST Equipment Skipping rope Timer

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@PriorylincolnS





Search on YouTube #LincsSchoolGames **#DTSMChallengeSeries**

CAN YOU SHOW A SCHOOL GAMES VALUE?



- If at first you don't succeed, try and try again!
- Persevere and keep trying to set a new personal best

SPACE - Can you now move around whislt completing this challenge? **TASK** - Check out Dan The Skipping Mans Challenges for more ideas! TIME - Change the timeframe you have to complete EQUIPMENT - Use a long rope to complete the challenge **PEOPLE** - Challenge someone else to see how many you can complete in the time or the fastest to a total

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Speed Bounce





<u>How to play</u>

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- Place 2 cones down next to your left foot
- Set your timer up for 20 seconds or ask somebody to count for you
- As the time starts, start jumping sideways over the cones
- Keep your legs together and jump sideways over the cones as many times as you can before the time runs out
- Record your score, have a short break and then try to beat your score.

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<u>Coaching points</u> Keep your legs together Move your hips Don't double bounce

Equipment 2 cone markers Timer







Speed Bounce

CAN YOU SHOW A SCHOOL GAMES VALUE?



- Don't count the jumps where you touched a cone
- Stop when the time is up and record your score correctly



SPACE - Place a 3rd cone on top to make your hurdle higher and harder to jump TASK - Try timing how long it takes you to reach a certain score, can you get quicker TIME - Increase your time to 40 seconds or 1 minute to improve stamina **EQUIPMENT** - Change the cones for a line to make is simpler **PEOPLE** - Challenge someone else to see how many you can complete in the time or the fastest to a total



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Hit it Up



How to play

- Choose a piece of equipment such as a balloon, ball or rolled up socks.
- Use a body part to hit the equipment up ino the air.
- Can you keep hitting the object up as it begins to fall down?

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- Don't let it hit the ground
- How many did you manage?
- Can you beat it?

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• Try a different equipment

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<u>Coaching points</u> Hit it as it falls in front of you Keep your eyes on the object

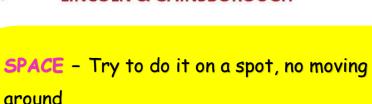
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Equipment FREE CHOICE



Hit it Up





TASK - Try timing how long it takes you to reach a certain score, can you get quicker TIME - How many can you do in 1 minute? If you drop it, keep going **EQUIPMENT** - Try using equipment like a racket, frying pan or stick to hit the equipment up **PEOPLE** - Can you work with someone to keep it up and keep it going?



CAN YOU SHOW A SCHOOL GAMES VALUE?

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- Did you drop it? Honestly?
- Stop when the time is up and record your score correctly

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Buckaroo





How to play

- Choose a family member to stand in a comfortable position
- Fetch one piece of equimpent and balance it on the family member without it falling or being held.
- Continue to fetch and balance equipment until it falls to the floor.
- How many pieces of equipment did you manage to balance?

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• Now swap over and try to beat it.

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<u>Coaching points</u> Choose a comfortable balanced position Carefully place the equipment

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Equipment Random mixed equipment





Buckaroo



CAN YOU SHOW A SCHOOL GAMES VALUE?



Hold your balance still to help the person placing equipment Choose the equipment and where to place it carefully



SPACE - Choose different balances for your stance **TASK** - Only use one type of equipment such as just socks TIME - How many equipment pieces can you balance in a set time **EQUIPMENT** - Use different equipment and various sizes **PEOPLE** - Challenge someone else to see how many you can complete in the time or the fastest to a total



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Battleships



How to play (2 players)

- Set out 16 objects in a grid of 4x4 with each 1 foot apart.
- Each choose where to hide your 3 battleships on the grid. Record this on a bit of paper to help remember.
- Take it in turns to throw a bean bag at the target grid, from 2 metres away.
- If you hit a target, ask if it has hit their ship.
- Hitting a battleship rewards a point, sinking a battleship rewards 3 points.
- First player to sink all 3 battleships wins





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<u>Coaching points</u>

Throwing overarm or underarm Throwing for accuracy (aiming) Planning tactics for attack Equipment 16 target markers 1 bean bag or ball

















Battleships



CAN YOU SHOW A SCHOOL GAMES VALUE?



- Take it in turns with your opponent
- Be honest if they hit your battleship

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SPACE - Increase the distance required to throw from to make it harder **TASK** – Play on a bigger grid with pupils running to a cone and turning it over rather than throwing an object at the cone **TIME** – Linit how many shots each player has. How many points scored from 12 shots EQUIPMENT - Use a racket and ball to increase difficuilty or to link to terms sport focus

PEOPLE - Individual challenge to hit all the cones in as few shots as possible











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Recording Sheet





						What is your name?
	<u>Date</u>	<u>Activity</u>	<u>1st Score</u>	Best Score	PAR BELIEF	what is your hame:
						<u>What school do you go to?</u>
						Which activity was the best?
	*					
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Recording Sheet



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<u>Date</u>	<u>Activity</u>	<u>1st Score</u>	Best Score					

What did you do to show any of the school games values?



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