



# Personal Challenge



## Context

Each challenge has 3 different levels which provide pupils the option to choose the level which is suitable for them. If they wish, they can complete all three.

In order for this to be counted as a personal challenge, an activity needs to be completed at least twice, so the pupil has the chance to improve their score.

As well as having the option to run these activities as an intra school competition, schools can choose to submit their top 3 most improved scores per year group for each challenge level to their SGO by the specified date. Certificates will be awarded for the three pupils who improve the most between their two attempts, within each partnership area as well as the county.

The contact details for each of the School Games Organisers can be found below:

Bedford Borough School Sport Partnerships: Kelly Rolfe – [Kelly.rolfe@biddenham.beds.sch.uk](mailto:Kelly.rolfe@biddenham.beds.sch.uk)

Dunstable and Houghton Regis: William Wheeler – [sgo@tithefarmprimary.co.uk](mailto:sgo@tithefarmprimary.co.uk)

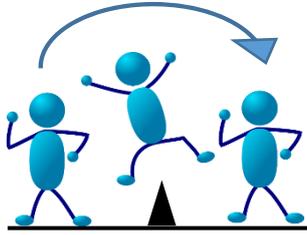
East Bedfordshire School Sport Partnership: Paul Blunt - [Paul.Blunt@renhold.beds.sch.uk](mailto:Paul.Blunt@renhold.beds.sch.uk)

Leighton Linlade School Sport Partnership: Stewart Seymour - [seymours@vandyke.cbeds.co.uk](mailto:seymours@vandyke.cbeds.co.uk)

Luton School Sport Partnerships (Active Education): Vicki Dockerill - [vdockerill@denbighhigh.co.uk](mailto:vdockerill@denbighhigh.co.uk)

Redborne School Sport Partnership: Andy Cavill – [andy.cavill@redborne.com](mailto:andy.cavill@redborne.com)

# May: Agility Challenge



## Level 1 Challenge – Speed bounce

Two-footed bounces from side to side. Each time the player lands counts as 1 bounce. Complete as many bounces as possible in 15 seconds

### Teaching Points:

- \*Use your arms to help you bounce.
- \*Don't look down.
- \*Two footed take-off and landing.

NB. If you do not have a speed bounce mat, you could use a gym mat with a line of cones/floor markers down the middle.

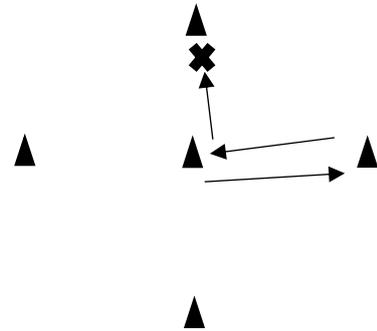
## Level 3 Challenge – T Test

Set out four cones as illustrated. The pupil starts at cone A. The pupil sprints to cone B and touches the base of the cone with their right hand. They sidestep left to cone C, and touch the base with their left hand. They sidestep right to cone D and touch the base with the right hand. They sidestep left to cone B touching with the left hand, and finally run backwards to cone A. The stopwatch is stopped as they pass cone A.

### Teaching Points:

- \*Stay facing forwards at all times
- \*When sidestepping, do not cross feet
- \*Don't look down at your feet

Nb. Ensure cone A is not near a wall and position an adult near it, to catch the pupil if they trip running backwards.



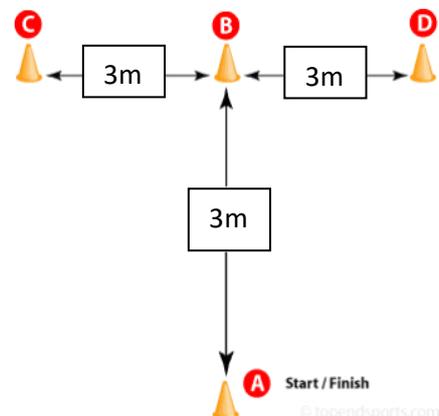
## Level 2 Challenge – Agility Run

5 cones set in a cross pattern (3m from centre cone to each outer cone). Starting touching the middle cone the player must touch all outside cones once. After touching each outside cone, they must touch the centre cone each time before touching the next outside cone. Finish by returning to and touch the middle cone – complete as quickly as possible (time with stopwatch).

### Teaching Points:

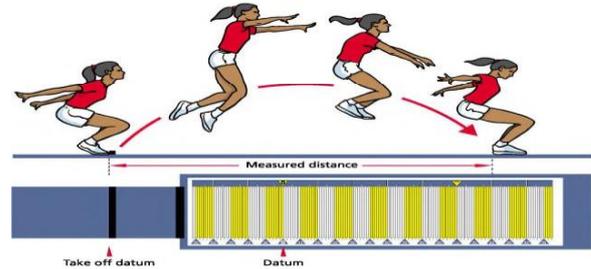
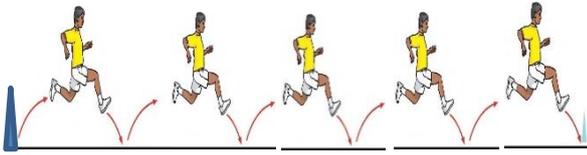
- \*Use small, quick steps.
- \*Use closest hand to touch the cone.
- \*Think about the most efficient route to touch the outside cones, they don't have to be in a set order.

Nb. It's advisable to use 5 different coloured cones as it helps pupils remember where they've been (Support the less able by calling the colours out).



Please ensure your results are sent to your SGO no later than Friday 15<sup>th</sup> May.

# June: Athletics Challenge



## Level 1 Challenge – 5 Strides

The athlete begins from a standing position behind the starting line. The athlete takes five bounding strides, landing on the opposite leg to the take-off leg in each instance, in a continuous forward motion.

The measurement is taken from the start line to the back of the heel on landing after the final stride.

## Level 2 Challenge – Standing Long Jump

The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards.

The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels).



## Level 3 Challenge – Standing Triple Jump

The athlete must stand with both feet behind the selected take off line, usually with one foot in front of the other. They are allowed to crouch or have a rocking motion leading up to the jump. The free leg may be used to generate momentum by raising the knee up and down, while the take-off foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat.

The hop involves a one footed take off with the athlete landing onto the same foot, then a step is taken onto the other foot, then the jump is performed by finally landing on both feet. If the athlete steps back after landing, or falls back or touches the mat or floor behind their heel, a no jump is recorded.

Measurement is taken from the take off line to the back of the closest heel on landing.

Please ensure your results are sent to your SGO no later than Friday 19<sup>th</sup> June.

# July: T-Balance Challenge



## Level 1 Challenge

Time how long you can hold a T – Balance  
(try both legs!)



## Level 2 Challenge

Time how long you can hold a T – Balance  
**with your eyes shut** (try both legs)



## Level 3 Challenge

Time how long you can hold a T – Balance  
**with your eyes shut and your leg not touching the chair** (try both legs)

Please ensure your results are sent to your SGO no later than Friday 10<sup>th</sup> July.

