

Year 6 Sports Challenge Week



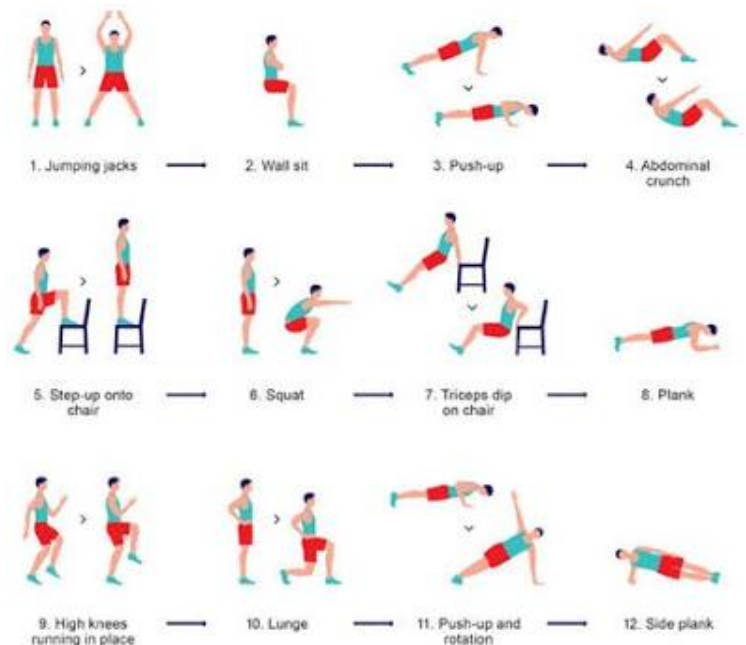
Your Daily Challenge

Choose four exercises that you can do in your home every day. Look at the diagram below to give you some ideas but feel free to choose whatever you wish. Record how many of each one you can do in 1 minute. Complete these activities each day. Can you beat the number you completed from the previous day? Use the table below as an example of how you can record your progress.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Burpees	24	27			
Squats	37	40			
Press-ups	15	19			
Lunges	29	35			

Both of us decided to give this a go and below are our results. See if you can beat our scores! We have also included some examples of different exercises you may wish to do. Good luck!!!

Activity	Mr Gill	Miss Baldock
Burpees	18	13
Squats	58	47
Press-ups	37	18
Lunges	44	36



Monday: Gymnastics Challenge

- Start your day off by completing your 1 minute challenges. Give it your best!
- Each day we are going to include a warm up routine. Complete each warm up below for a total of 30 seconds each. This should then get your body ready to tackle our gymnastics session.

Warm up

1. Jogging



6. High Kicks



2. Ankle Twirls



7. Arm Circles



3. High Knee Skipping



8. Heel Flicks on the spot



4. Lunges on the spot



9. Hopping



5. Star jumps



10. Hip Circles



- Today we're going to develop a gymnastics floor routine. Take a look at this video. It is Simone Biles, who is one of the most successful gymnasts of all time, completing a floor routine. Take a look at how she transitions between each move and how she holds her body posture.

<https://www.youtube.com/watch?v=HyPQwL5RCs0>

- Take a look at the balances at the top of the next page and see if you can complete some of the challenges we have set for you.



1. Explore the balances. How can you move **into** and **from** a balance?
2. Choose 4 balances and join them together in a **sequence**.
3. Use some **travel**, a **jump** and a **turn** to link them.
4. Show strong, balanced **starting** and **finishing** positions.

1. **Explore the balances** shown on the cards – how many can you do? Can you travel on different body parts?
2. **Perform them** as well as you can. Can you think of any more balances?
3. How can you **make the balances harder** to perform?
4. **Select a favourite balance** and hold it for 3 seconds.
5. How can you **move smoothly into** your balance? How can you move **out** of it smoothly?
6. **Select 4 balances** and join them together smoothly into a sequence.
7. Make sure you **join the balances** with a jump a turn and some travelling movements to make a well-balanced sequence.
8. **Use one balance** as a starting position and another as a finishing position. Check each other's sequences for content and quality.
9. **Work with a partner** and perform your own sequence side-by-side but try to start and finish at the same time as each other.
10. When you have managed the synchronisation can you **finish together in a combined balance**?
11. Using low apparatus (*benches, low table, mats etc*) can you adapt and perform your sequence with a partner?

Research Challenge

Take a look into the history of gymnastics. Where did it start? Why did it start? Has it always looked as it does today?

Create an information page all about the history of gymnastics.

Tuesday: Train like an Olympian!

- Start the day by completing your 1 minute challenge activities.
- Similar to yesterday, complete each warm up below for a total of 30 seconds each.

Warm up

1. Ankle Twirls



6. Arm Circles



2. High Knee Skipping



7. Heel flicks on the spot



3. Lunges on the spot



8. Hopping



4. Star Jumps



9. Hip Circles



5. High Kicks



10. Jogging



- In the Olympics, athletes need to practice a range of fundamental skills such as running, throwing and jumping. This is especially true in the heptathlon which is a multi-event sport consisting of the 100m hurdles, high jump, shot put, 200m sprint, long jump, javelin throw, and 800m run.
- Watch the clips below to help you think about the correct technique of some of these fundamental skills.
 - Movement including running
<https://www.youtube.com/watch?v=rCq-MkVxxyU>
 - Throwing overarm
https://www.youtube.com/watch?v=C0sl_YYBxuo
 - Five basic jumps
<https://www.youtube.com/watch?v=kNp1sJNcDUE>
 - Jumping for height and distance.
<https://www.youtube.com/watch?v=P1jGqZFtJ9I>
- Your challenge today is to create your own multi-event sport or circuit of activities where you use some of the key fundamental skills. Think about how you could include running, hopping, throwing and jumping. For example, you might have an activity where you need to run around a slalom of objects (this will also test

- agility!), jump for distance between objects, throw a set of objects at a range of targets etc.
- To go with your game/activities can create something explaining what your activities are. This could be through a poster, iMovie or PicCollage. Be as creative as you can be!

Wednesday: The Ultimate Athlete!

- As always, start the day by completing your 1 minute challenge activities. See if you are improving.
- Below is today's warm up:



- Different sports require different strengths. However, in most sports developing strength and cardio fitness is extremely important.
- Look at the below websites to gain an idea of different fitness activities.
<https://www.brianmac.co.uk/circuit.htm>
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

- We would like you to create your own circuit of activities to help develop strength and cardio fitness. This circuit should include up to 10 different exercises. Remember to try and vary the exercises and target different body parts through your circuit. In order to remember what each activity is, we would like you to prepare an activity card for each exercise. These should explain how the exercises should be done in order to avoid injury. Below are some examples of activity cards.

Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



- Once you have completed putting your exercise circuit together, why not have a go at completing it yourself! Or maybe challenge other family members to see if they can complete it.

Thursday: Hand-Eye Co-ordination Challenge

- Start the day by completing your 1 minute challenge activities.
- Now follow that up with the following warm up activities. Remember, each activity should be done for approximately 30 seconds.

Warm up

1. Lunges on the spot



6. Hopping



2. Star Jumps



7. Hip Circles



3. High Kicks



8. Jogging



4. Arm Circles



9. Ankle Twirls



5. Heel flicks on the spot






10. High Knee Skipping



- Many sports involve having good hand-eye co-ordination. Today we are going to look at how we can improve this.



- Hand-eye co-ordination is something we can all improve. Some examples of activities are shown below. Try practicing them!

Ball to wall...		<ul style="list-style-type: none"> • Throw the ball against a wall and catch it again. • Experiment and challenge yourself by doing it at different distances. • Try doing it with one hand. • Make a game out of it by playing it with a partner where you have to throw it against the wall to each other.
Throw and catch		<ul style="list-style-type: none"> • Throw a ball into the air and catch it. • Vary the objects you throw and catch. • Vary the different heights you throw in the air. • Try doing it with one hand. May challenge yourself and do it with your weaker hand.
Egg and spoon		<ul style="list-style-type: none"> • Be CAREFUL with this one as I don't want you to be breaking eggs all over your parent's floor! Try replacing the egg with a small ball. • See how long you can carry the 'egg' around the garden • Set up a slalom course to complete • Practice with both hands!

- After practicing the activities above, which other activities can you come up to improve hand-eye co-ordination? Can you make them into a competition? How can you make them simpler or more difficult?
- Your challenge is to make an information poster which includes your activities. You may also want to include information about the importance of improving hand-eye co-ordination.

Friday: Competition Day!

- Start the day by completing your final 1 minute challenge activities. How have you done over the course of the week?
- Now complete your warm up for the day.

Warm up

1. Star jumps



6. Hip Circles



2. High Kicks



7. Jogging



3. Arm Circles



8. Ankle Twirls



4. Heel flicks on the spot



9. High Knee skipping



5. Hopping



10. Lunges on the Spot



- Looking back at what you have done over the course of the week, can you create a competitive game for someone in your house to take part in? Try to encompass as much of the different skills you have developed over the course of the week. So that they know what they will need to do you will need write a clear set of instructions about how the game works,- how many players it needs and how you win.
- Play the game several times and make any changes to the game that you think will improve it.

We would love to see your hard work over the course of the week so please send us an email on the class accounts 6G@ashdeneschool.net or 6B@ashdeneschool.net or post on the school twitter account any of the games or activities you have completed. We'd love to see what you've been up!