



Year 2 Sports Challenge Week

Try Your Best Challenge

- Choose a challenge or a trick that you want to learn and practise each day for five minutes until you become a pro! This could be skipping, keepy ups, throw and clap or running. Anything that you would like to challenge, try!
- You could record your progress in a table like the one below:

My Goal is to master:	
My Progress:	
Day 1	Today I
Day 2	Today I
Day 3	Today I
Day 4	Today I
Day 5	Today I
Day 6	Today I
Day 7	Today I
I am proud of myself because	
My next goal is	



Monday: Gymnastics - Travel Sequencing

- Start the day by completing your own best challenge.
- Think about different animal movements, using different levels and directions:
 - What different levels can we use to travel on? **High, Medium, and Low**
 - What different directions could we travel in? **Forwards, Backwards and Sideways**
 - What animals could we travel like on our feet in a high position? **Gallop like a Horse, Jump like a Kangaroo, walk like a giraffe, side step like a Gorilla**
 - What animals could we travel like on our hands and knees/feet? **Walk like a Monkey, hop like a Bunny Rabbit, crawl like a Crab, Creep like a Caterpillar**
 - What animals could we travel like on our back/tummies? **Crawl like a Crocodile, slide like a Snake**
 - Can we do these in different directions?
- Practise a selection of your own different animal movements
- Select favourite high, medium, and low animal movements.
- Link the movements together into a sequence, performing each for the count of 8.
- Remember, repeat, and improve the sequence.
- Once you feel confident with your travel sequence, record your travel sequence in any way that you prefer.

Tuesday: The Floor is Lava – Movement and Spatial Awareness

- Start the day by completing your own best challenge.
- Practise fundamental, co-ordination and floor movement patterns:
- This could be:
 - steps with 180-degree pivot
 - skip to 90-degree knees
 - hop-scotch
- Select different ways of moving from one point to another. Moving along different pathways exploring different ways of moving on one's feet. Record which types of movements are easiest to control, ones that are the quickest, ones that require more concentration when moving from one point to another.



- Play the floor is lava! From your results, create an obstacle course that requires you to use different movements and test your own spatial awareness. Remember you must reach the finishing point without touching the lava. Think of as many movements as you can to make this happen.
- To go with your game/activities you can create something explaining what your activities are or how you managed to reach the end without melting from the lava. This could be through a poster, iMovie or PicCollage.
- Challenge someone within your household to complete 'the floor is lava.'
- Time each participant, the fastest wins.

Wednesday: Train like an Athlete

- **Start the day by completing your own best challenge.**
- Today you are going to become your dream athlete!
Every athlete must train hard to become the best. You are going to train like an athlete and practise their skills.
- Below are a few examples of some athletes that you may want to train to become: **A footballer, cyclist, basketballer, volleyballer, skier, power sprinter**
<https://plprimarystars.com/resources/train-like-a-footballer#m-resource-1414-link>
<https://darebee.com/collections/sports-workouts.html>
- These workouts will be tough! Practise completing one of the circuits above.
- Feeling confident, put your skills to the test, create your own athletic circuit and become your chosen athletes best.
- Practise your training skills until you feel confident.
- When you feel confident, you are sure going to make captain! Design a fitness plan/circuit for your team players.
- This could be produced in a variety of ways: cards, video, PicCollage, table, poster.
- Being a captain can be difficult, especially when your team players are lacking motivation. Provide ways in how you would motivate your team.



Thursday: As many Rounds as Possible – The Sweat Box Challenge

- Start the day by completing your own best challenge.
- Choose 4-8 exercises focusing on different muscle groups. Give each exercise a certain number of repetitions. Complete the list of exercises as many times as possible in each amount of time.
- Look at the link: As many rounds as possible video to generate some ideas.
<https://keepingkidsinmotion.com/2016/02/04/pe-top-5-motivating-exercise-routines-for-students/>
- To create your own exercise circuit: <https://darebee.com/#> can support popular ideas.
- At the end of each circuit- evaluate your results. A table similar to below may support your evaluation:

Activity	Intensity rating 1-10
Sweat Box Challenge 1	
Sweat Box Challenge 2	

Intensity rating	How exercise feels	Breathing	Intensity
1	Easy	Quiet, deep, controlled	Light
2			
3	Comfortable		
4			
5	Energetic		
6			
7	Very Energetic		
8			
9	Exhausted		
10		Noisy, gasping	Energetic

- To make this more interesting – whilst creating your own circuit you could also include an additional challenge. For each exercise that is completed, this could amount to points. For example: completing 20 push ups = 10 points.
- Include Household members to the point system. Challenge them to the sweat box challenge!



Friday: Olympic Games

- **Start the day by completing your own best challenge.**
- **Evaluate your own best challenge.**
- Research what games go on at the Olympics.
- Pick a few that you are interested in and ones that you might want to try.
- Learn the rules if you do not know them.
- Set up your own Olympic game stadium:
 - Running Track
 - Jumping Track
 - Throwing Avenue
 - Cycling Track (Velodrome)
 - Dribbling court
- Compete as a family!
- In order to do this, you will need to:
 - research the sports that take part in the Olympic Games
 - Create a table to tally scores
 - Design a certificate or reward for the winner
- **Challenge: design your own Olympic Game that will take part in your family games.**

We would love to see your hard work so please send us an email on the class accounts 2S@ashdeneschool.net or 2C@ashdeneschool.net or post on the school twitter account of the activities and games you have completed.