



Year 4 Sports Challenge Week



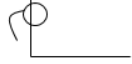





One Minute Challenge

- Choose three exercises that you can do in your home every day. These could be sit-ups, press-ups, burpees, star jumps, squats, lunges etc. Record how many of each one you can do in a 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	Saturday	Sunday
Squats	37	40					
Press-ups	15	19					
Lunges	29	35					

Monday: Gymnastics Challenge

- Today we are going to develop a gymnastics routine looking at shapes using balances.
- Practice the 9 basic shapes of gymnastics. Remember to make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall.

Shape	Picture	Looking for...
Tuck		Straight back Toes pointed Legs together, NOT crossed
Straddle		Straight back Arms out to the sides and extended Legs straight with pointed toes
Pike		Straight back Arms by ears reaching up Legs straight and together Toes pointed
Star		On back Extending legs and arms Toes pointed
Dish		Lying on back, arms on legs Round back, Lifting head and legs off the floor
Arch		Lying on front, arms by ears Lifting up arms and legs Legs straight
Front Support		All fours Arms and legs straight Legs together Tummy facing the floor
Back Support		All fours Arms and legs straight Legs together Back facing the floor Fingers points towards toes



- Once you have practiced the 9 basic shapes can you create your own routine using different balances/shapes? In your routine include at least seven different balances/shapes. These could be shapes to spell out a word with your body. E.g. A S H D E N E P R I M A R Y S C H O O L or shapes to tell a story. It's up to you.
- Using the table above as an example, create your own table of shapes/balance with the name, a picture and what to look for.
- Once you have done this, teach your routine to somebody in your household.

Tuesday: Train like an Olympian

- Start the day by completing your three 1 minute challenge activities.
- In the Olympics athletes need to practice a range of fundamental skills such as running, throwing and jumping.
- 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=rCg-MkVkxyU>,
 - 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 a mini Olympics game 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.

Wednesday: Fitness and Strength Challenge

- Start the day by completing your three 1 minute challenge activities.
- In sport developing strength and fitness is extremely important.
- Some of the body parts we can strengthen for sports are arms, legs, back, hands, etc.
- 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>
<https://www.youtube.com/user/WestYorkshireSport>

- We would like you to create your own circuit of activities to help develop strength and fitness. To remember what each activity is plan out what you are going to do and then write an activity card for each activity like the examples below.

Joe Wicks: 5-Minute Move Workout 1

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.



Joe Wicks: Active 8-Minute Workout 1

Climb the Rope

1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

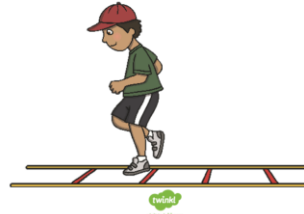
What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



Ladder Run

One at a time, jog up the ladder, placing both feet into each space as you go. To make it more challenging, you could step outside the ladder and back in at each space. Try to keep your toes pointed and your legs straight.



- On your cards say how to complete the activity, how long you should do it for and draw a picture or take a photo of the activity being completed.

Thursday: Household Games Challenge

- Start the day by completing your three 1 minute challenge activities.
- Today we are going to think about different ways you can strike, control and throw an object.
- Start by going into your garden with a ball. How many different ways can you throw or strike the ball? What different techniques can you use? Can you push it? How can you control the ball to make it stop?
- Your challenge today is to create a game or a range of activities where you use everyday household objects. These could include tins, buckets, chairs, bowls, brushes etc.
- Please seek your parents' permission to use different objects.

Here are some ideas to help you.

<p>Push or tap a ball with a brush.</p> 	<p>Aim to knock down six tins of beans.</p> 	<p>How many keep ups can you do using the sole of a shoe.</p> 
<p>Dribble or bounce a ball around an obstacle course.</p> 	<p>Aim to throw five balls in a group of buckets.</p> 	<p>Bounce a ball at or into a target area.</p> 

- Once you have finished making your game/activities compete against someone in your house to complete/play it.
 - Present the information you have found using one of the following:
 - Power Point
 - Word
 - Make an E book - Download free Book Creator app and save as PDF to upload
 - Make a Popplet - Download free app Popplet Lite then save as PDF to upload
 - Create your own poster
 - Make an iMovie
 - Make a PicCollage



Friday: Competition Day

- Start the day by completing your three 1 minute challenge activities.
- 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? So that they know what they will need to do write a set of instructions about how to take part, 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 so please send us an email on the class accounts 4G@ashdeneschool.net or 4C@ashdeneschool.net or post on the school twitter account of the activities and games you have completed.