

VIRTUAL SPORTS FIXTURE

Ark Putney Academy v Bolingbroke Academy

Monday 8th June 2020 - Friday 12th June 2020

# HOW WILL IT WORK?



## FIND THE CHALLENGE

Take a look at the challenges and see which one needs completing on each day!



## COMPLETE THE CHALLENGE

Using own setup, complete the challenges.

Watch the videos and read the task to find out what to do.



## LOG YOUR SCORES & SUBMIT YOUR FOOTAGE

Complete the online forms, which can be found by each of the challenges.

A video taken by yourself, will need to be uploaded as evidence too.

# Monday – Step up challenge

## Task:

- All you will need is one step. This could be inside or outside your house. Step on and off the step as many times as possible in 30 seconds.
- Step up with one foot and then the other. Step down with one foot followed by the other foot.

## Video link:

<https://www.youtube.com/watch?v=01Et9I-xg9g>



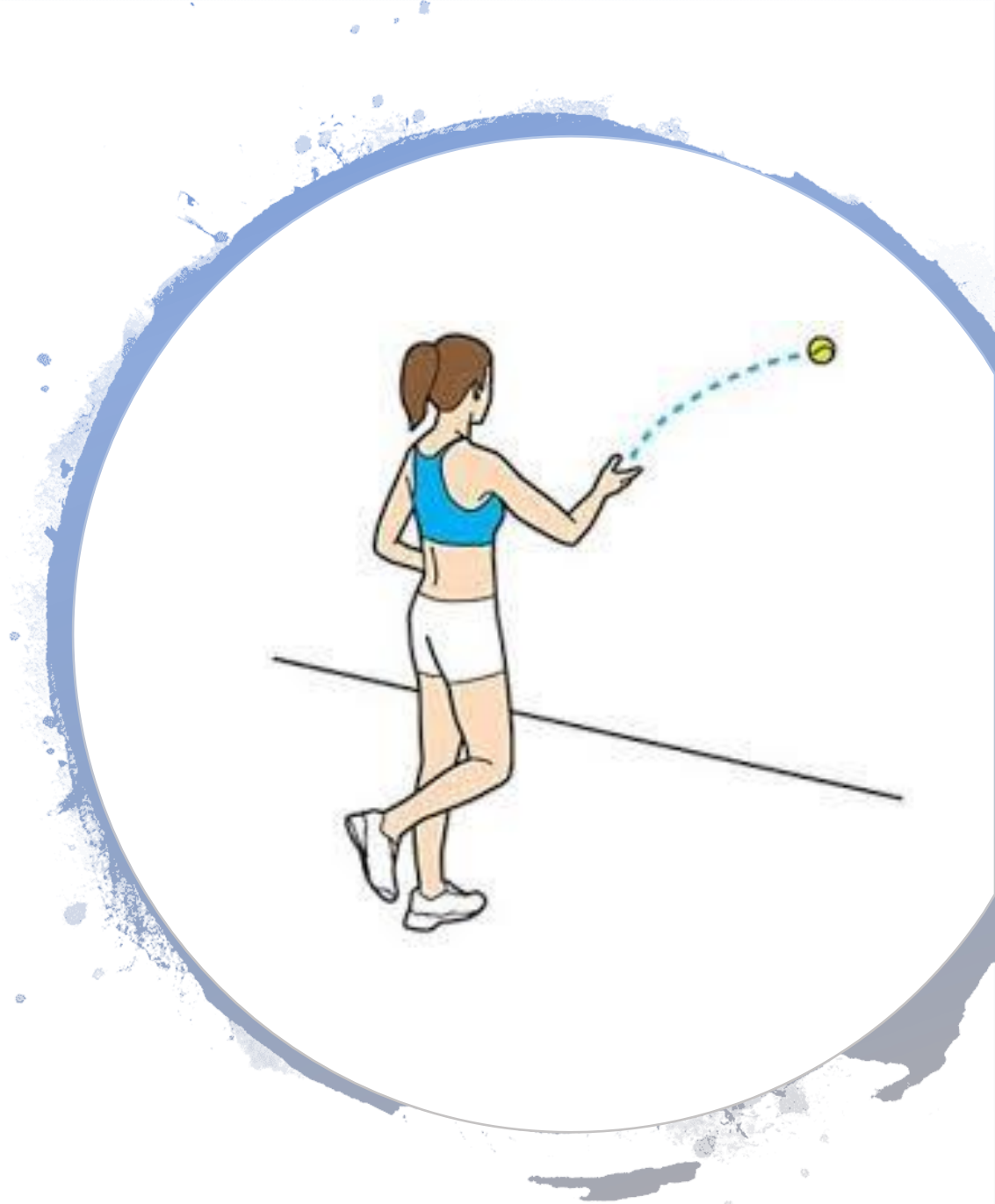
# Tuesday – Wall Throw Challenge

## Task:

- This test requires you to throw and catch a ball (preferably a tennis ball) off a wall. Stand approximately two metres away from a wall.
- Throws the ball and catch the ball as many times as possible in 30 seconds.
- We are counting the number of catches made.

## Video link:

[https://www.youtube.com/watch?v=SnzF\\_gfcPg](https://www.youtube.com/watch?v=SnzF_gfcPg)



## Speed Bounce



# Wednesday - Step up Challenge

- The participant should cross the wedge (or substitute for wedge) as many times as possible in 30 seconds. Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.
- All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.

**Video link:**

<https://www.youtube.com/watch?v=i9F2JU5vrlI>

# Thursday – Star Jump Challenge

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- **How many star jumps can you complete in 60 seconds?**
- Make sure you clap your hands above your head and bring your feet together.

**Star Jump Challenge:**

<https://www.youtube.com/watch?v=5PKnrdPCbd8>

1A



1B







# Friday – Keepy Uppy Challenge

## Task:

- Find any ball in your household to use for this one, if you don't have a ball be creative - roll of socks, scrunched up paper etc.
- How many kick ups can you do?

## Video link:

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

# LEADERBOARD SCORING SYSTEM

100

EACH CHALLENGE  
ENTRY

*Submit an entry to one of the challenges and add 100 points to your college total.*

200

BEST INDIVIDUAL  
ATTEMPT

*Points will be awarded for the **TOP 4** attempts in each category (i.e. Year 7 boys)*

1. *200 Points*
2. *150 Points*
3. *100 Points*
4. *50 Points*

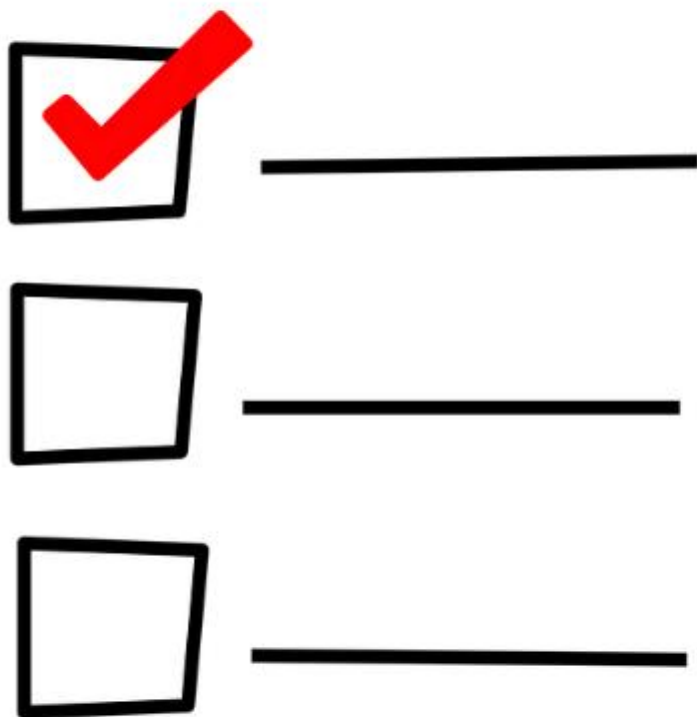
500

COMPLETE ALL  
CHALLENGES

*If you complete all the challenges, you will earn an extra 500 points for your school!*



# PLENTY OF PRIZES AND AWARDS TO BE WON



**MOST ENGAGED**



**BEST PERFORMANCES**