

Movement Monday – Be Active

We are taking part in the Virtual School Games. Try these challenges, take some time to practice and improve them over the next two weeks.





Follow the steps below to get involved:

Tweet us with your efforts using the #CSWVirtualGames and your area Twitter handle below!

· You have two weeks to complete all 4 challenges.

· Familiarise yourself with the 4 challenges below.



· Click the link at the bottom of page 2 and complete the form to support and represent your school.



I scored 64 in 60 seconds - how many will you achieve?





Did you know?

After sitting volleyball was created as a rehabilitation sport for injured soldiers in 1956, it was officially included in the Paralympic Games in 1980. The women's event was introduced to the programme in Paralympic team sports, with over 10,000 athletes competing across 75 countries.

Morteza Mehrzadselakjani of Iran was one to watch in Rio 2016. As the 2nd tallest person in the world, and tallest athlete to ever compete at a Paralympi Games, he was able to apply his 2.46m height to great effect!





How to

. Start in a seated position, and use any part of your arms to keep the balloon in the air

· A balloon or beachball

· Stopwatch or timer

Equipment

- · Each time you hit/tap the balloon and it travels above head height, you score 1 point
- . You will have 60 seconds to score as many points as possible
- . During the challenge you must remain seated, if you come up onto your knees or feet, these points should not be included in
- . If the balloon hits the ground: do not worry continue, collect it, sit back down quickly and continue. Do not stop the clock, continue scoring from where control was lost.

Scoring

FOLLOW RETWEET GET WYOLVED

#STAYHOMESTAYACTIVE

#STAYINWORKOUT

Complete as many successful keep-ups as you can in 60 seconds. Make sure you keep your score and record.

Video support - https://youtu.be/P6t9OtZXa0s











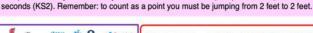
KEEP-IP











Complete as many bounces as you can in either 20 seconds (reception & KS1) or 30

Video support - - https://youtu.be/ACNHabPMvPE



Usain Bolt is the fastest person in the world, running 100m in 9.58 seconds in 2009

Hidekichi Miyazaki is the oldest competitive sprinter at 105 years old. He recently ran the 100m in 42.22 seconds, and is otherwise know as the 'Golden Bolt' for imitating Usain

> 165,000 towels were required at the Olympic Village throughout the 2

Bolt's well-known lightning posel



Equipment

- · A rolled up towel or speed bounce mat
- · Stopwatch or timer

How to

Scoring

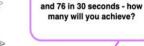
Reception & Key Stage 1

- · Roll up a towel and place on a hard surface
- · Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- · Both feet must land over the towel to count as a point
- · Repeat this pattern as many times as you can in 20 seconds

· Roll up a towel and place on a hard surface

- . Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- . Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in 30 seconds





I scored 49 in 20 seconds



Team England







