

# 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:

- Familiarise yourself with the 4 challenges below.
- You have two weeks to complete all 4 challenges.
- Take some time to practice and improve before recording your scores.
- Click the link at the bottom of page 2 and complete the form to support and represent your school.

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



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Kate Grey – Team GB Paralympian  
@kategrey25

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



## KEEP-UP

### Equipment

- A balloon or beachball
- Stopwatch or timer

### How to

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

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/P619OtZXa0s>



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## SPEED BOUNCE



### Equipment

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

### How to

#### 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**

#### Key Stage 2

- 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**

### Scoring

Complete as many bounces as you can in either 20 seconds (reception & KS1) or 30 seconds (KS2). Remember: to count as a point you must be jumping from 2 feet to 2 feet.

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



Amy Hillyard Team England  
@amyhilly

I scored 49 in 20 seconds and 76 in 30 seconds - how many will you achieve?

### Did you know?

The first race was held during the first Olympics in 776 BC. It was 600ft long.  
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 known as the 'Golden Bolt' for imitating Usain Bolt's well-known lightning pose!

165,000 towels were required at the Olympic Village throughout the 2 week London Games in 2012.

### 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 2004. It is one of the most popular 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 2<sup>nd</sup> tallest person in the world, and tallest athlete to ever compete at a Paralympic Games, he was able to apply his 2.46m height to great effect!