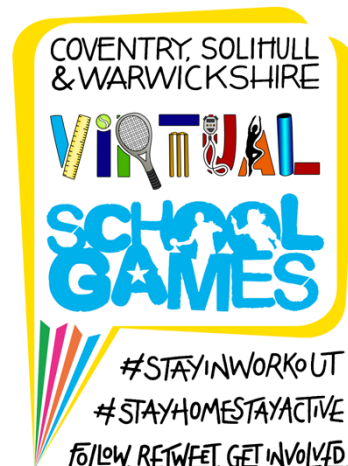


BASKETBALL



Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to the Think Active webpage
www.thinkactive.org/cyp/school-games-virtual-challenge/

Challenge 1 – Around the Body

Equipment –

- A ball (size 3 or bigger) - or alternatively, use a toilet roll.
- A small area of space where you'll stand.

Video Support Link - <https://youtu.be/ZyKB1wESboA>



KS1 Yr. 1&2

- Collect your ball and find a place to stand.
- Standing with your legs together, move the object around your knees and then your waist. Keep repeating this pattern for the full 60 seconds (knees, waist, knees, waist etc.).
- **1 circuit = moving the object around your knees AND waist.** Every circuit completed scores 1 point. **SEE VIDEO FOR GUIDANCE.**

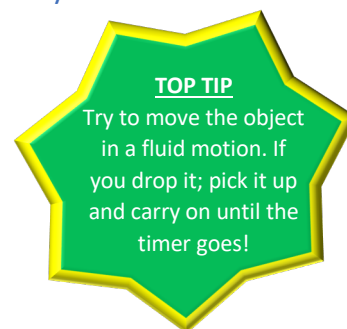
KS2 Yr. 3/4/5&6

- Collect your ball and find a place to stand.
- Standing with your legs shoulder width apart and knees slightly bent, move the object around each knee (one at a time in a figure of 8). Keep repeating this pattern for the full 60 seconds.
- **1 circuit = a full figure of 8.** Every circuit completed scores 1 point. **SEE VIDEO FOR GUIDANCE.**



Recording your score -

You have 60 seconds to complete as many circuits as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many times you complete a circuit.



Challenge 2 – Shoot Out

Equipment –

- 3 items to throw - 3 balls or 3 toilet rolls.
- 2 markers/cones (to create your shooting lines).
- A tape measure or ruler to measure the correct distance.
- A chair, table or bench - to give your target some height!
- A target - a laundry basket, bin or bucket.

Video Support Link - <https://youtu.be/ZyKB1wESboA>

- Place your target on top of the chair/table/bench.
- Place Marker 1 - **2 metres away** from your target, and place Marker 2 – **3 metres away** from your target.
- Place your 3 balls or 3 toilet rolls onto one of the markers (you will take your first shots from here).
- Pick up the balls one at a time and shoot at the target. Retrieve your own balls. Shoot again from either marker (you choose). Keep repeating this until your 60 seconds is up.



TOP TIP

Stand with feet shoulder width apart.
Focus your eyes on the target and line up your shooting elbow with the target.
Follow through leaving your hand extended and pointing towards the target.



Recording your score -

Shoot & score from Marker 1 = **2 points**. Shoot & score from Marker 2 = **3 points**. You have 60 seconds to score as many points as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds keep count of how many points you score.

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@campion.warwickshire.sch.uk

**SUBMIT YOUR
SCORE**

Thankyou for joining us for the **Virtual School Games** competition!

Make sure you get involved in National School Sports week and join us again week commencing **29th June** for our **Olymp-Mix!**

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW. RETWEET. GET INVOLVED.



Take your final scores from both challenges and add them together to get your result.

Around the Body + Shoot Out = TOTAL SCORE

Submit your **TOTAL SCORE** via the link – www.surveymonkey.co.uk/r/CSWVirtualBasketball

Entries must be submitted by 1pm on Friday 19th June

Participants – All participants will receive an e-certificate via e-mail on completion of each challenge.

Individuals – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive a **£5.00 E-VOUCHER**.

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will a **£75.00 PE equipment voucher**.