



North Herts School
Sport Partnership

NHSSP

Year 5 & 6 Personal Challenge Award



Year 5 and 6 Personal Challenge Introduction

This competition is designed specifically for pupils in school Years 5 and 6 and measures a range of different skills. There are five simple activities that make up the competition and instructions, score sheets and scoring systems are all included for your convenience in the pack.

Activities have been designed to be delivered either indoor or outdoor and should all comfortably fit within a small school hall (the size of a badminton court). The competition is flexible so if space and time allows you may choose to run all activities at once, perhaps during a P.E. lesson or alternatively run one activity per lunch or break time over the course of a week.

All activities are run at the individual school site but the results can be sent to the School Games Organiser to create league tables. Schools involved in the 'virtual' competition will see a boost to their intra and inter school competition figures.

The emphasis of the pack is on participation by all children and we hope the activities allow all pupils to achieve success, at the same time as allowing staff to assess and monitor pupils' strengths and weaknesses.

It is recommended that schools encourage the year 5 and 6 pupils to run the activities and record results themselves.

To enter the competition you must return the class score sheet and monitoring form, which you will find in the pack, to Jay Livermore.

A template participation certificate is included in the pack which you may print out and award to all of your pupils.

Good luck! If you have any queries please get in touch.

Jay Livermore

School Games Organiser
North Herts School Sport Partnership

Tel: 01462 600252

Email: jay.nhssp@outlook.com



Activity 1: Speed Bounce

Equipment:

- Speed bounce mat and wedge / a gym mat and some tape
- Stopwatch

Instructions

- Competitors are challenged to perform as many bounces as possible in 30 seconds.
- Pupils will score 1 point for each full two footed bounce they complete in the 30 seconds.

Scoring:

1 point per jump



Speed Bounce Score Sheet

	Pupil Name	Number of bounces in 30 secs			Best Score / Points
		Attempt 1	Attempt 2	Attempt 3	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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30					



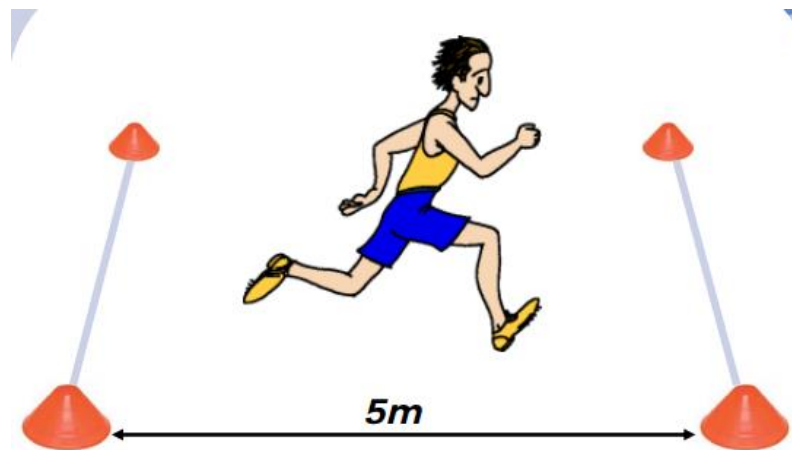
Activity 2: Running

Equipment:

- Cones
- Stopwatch
- Tape measure
- Tape

Instructions:

- Competitors are challenged to run between 2 lines (5m apart) as many times as they can in 30seconds



Scoring:

1 point every time they get to a line

Running Score Sheet

	Pupil Name	Number of lengths ran in 30 seconds			Best Score / Points
		Attempt 1	Attempt 2	Attempt 3	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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29					
30					



Activity 3: Balance

Equipment:

- Stopwatch

Instructions

- Competitors are challenged to balance as long as they can on 1 leg with their eyes closed
- Get them to try their left and right leg, but only count the best as their final score
- Ensure competitors have plenty of room



Scoring:

Time (secs)	0 – 10	11 – 20	21 – 30
Points	5	10	15

Balance Score Sheet

	Pupil Name	Right Foot (secs)	Left Foot (secs)	Best Score / Points
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
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28				
29				
30				



Activity 4: Ball dribble

Equipment:

- Stopwatch
- Basketball or similar

Instructions

- Competitors are challenged to see how many consecutive 1 handed bounces (dribbles) they can do in 30 seconds

Scoring:

1 point for every bounce

Add scores from right hand and left hand together for total score



Ball Dribble Score Sheet

	Pupil Name	Left Hand	Right Hand	Total / Points
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
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Activity 5: Distance Throw (outside) or Chest Push (inside)

Equipment:

- Cones
- Bean bag or 1kg medicine ball for chest push
- Long tape measure
- Outside space for distance throw
- Inside space for chest push

Instructions:

- Competitors are challenged to throw the bean bag or medicine ball as far as they can
- The distance is measured where the object first lands, not where it ends up
- The best of 3 throws is the final score

Scoring:

One point is awarded for every metre the object travels

For example:

12.42m = 12points



Distance Throw (outside) or Chest Push (inside) Score Sheet

	Pupil Name	Attempt 1 (m)	Attempt 2 (m)	Attempt 3 (m)	Best Score (m)	Points
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
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Score Tables

1. Speed Bounce

Jumps over the speed bounce in 30 seconds
1 point per jump

2. Running

Number of times crossed the line in 30 seconds
1 point per line

3. Balance

Time (secs)	0 – 10	11 – 20	21 – 30
Points	5	10	15

4. Ball dribble

Number of times ball is bounced in 30seconds
1 point per bounce

5. Distance Throw or Chest Push

How far the object is thrown
1 point per metre passed



Class Score Sheet

	Pupil Name	Points for each activity					Total Points
		1	2	3	4	5	
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
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Year 5 and 6 Personal Challenge Monitoring and Evaluation

Please complete this form along with your class score sheet in order to enter the Virtual Competition.

Please send both sheets to jay.nhssp@outlook.com or post to: Jay Livermore, NHSSP, Knights Templar School, Park Street, Baldock, SG7 6DZ.

Keeping a record of the competitions your pupils participate in will also help with your School Games Mark application and PE and Sport Premium reporting.

Name of School: _____

Contact name: _____

Contact e-mail: _____

Contact phone number: _____

Date: _____

Year Group	Number of girls participating	Number of boys participating
Year 5		
Year 6		

Any comments or feedback on the events:





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Year 5 and 6 Personal Challenge Award



Congratulations on participating in your school's Personal Challenge Award



Youth Sport Trust

Teacher Signature

Date



North Herts School
Sport Partnership