



North Herts School

Sport Partnership

NHSSP

Year 3 & 4

Personal

Challenge Award



Year 3 and 4 Personal Challenge Introduction

This pack has been designed to allow pupils in Year 3 and 4 to progress their skills and take part in a more challenging competition.

This pack contains all the resources you will need to successfully deliver your own virtual competition. The activities and competition are designed to be flexible to best suit a range of schools and their needs. The competition comprises of 5 activities each measuring a different aspect of athletic performance.

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.

The emphasis of the pack is on participation by all pupils in these year groups and we hope the pack will offer schools the opportunity to increase the number of children taking part in both intra and inter school competition on a regular basis.

It is recommended that schools use leaders from Year 6 to help run the activities and record results. You will need a minimum of one leader or adult per activity, however we recommend that leaders work in pairs where possible.

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: Skipping

Skipping measures the competitor's co-ordination and rhythm as well as fitness levels.

Equipment

- Skipping ropes (minimum of 1 – ideally with a built in counter)
- Stopwatch / timer



Instructions

- The competitor starts with the skipping rope held in both hands and the rope behind their heels.
- The competitor skips for **1 minute** on the spot.
- If the skipping rope has a counter the leader should ensure the counter is set to 0 and counting upwards (i.e. held in the Right hand) otherwise the leader must count the number of times the competitor successfully jumps over the rope.
- Pupils should only **attempt this once**, however you may allow them a few practice jumps if time allows

Scoring

Points are awarded as follows:

Number of skips	0-10	11-20	21-30	31-35	36-40	41-45	46-50	51-55	56-60	61+
Points	1	2	3	4	5	6	7	8	9	10



Skipping Score Sheet

	Pupil Name	Number of skips in 1 min	POINTS
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

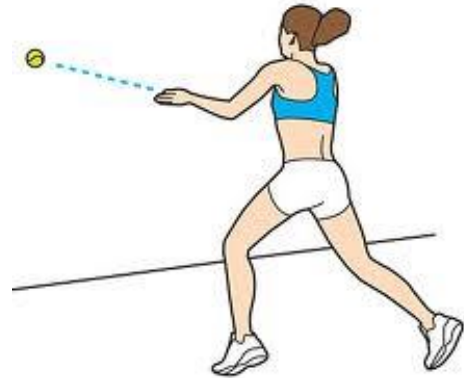


Activity 2: Individual Throw & Catch

The throw and catch measures hand eye co-ordination

Equipment

- Tennis ball
- Throw down line / cone
- Tape Measure
- Stopwatch



Instructions

- The competitor stands with their feet behind the start line (**1.5m away from the wall**)
- The competitor must throw the ball to hit the wall and then catch the ball before it bounces
- Leaders should record the number of successful catches within **30 seconds**
- If the ball does not either hit the wall or the competitor fails to catch the ball that attempt is not counted
- Pupils should have **2 attempts** at the throw and catch, as long as time allows, and it is only their **best attempt** that will count to their final score.

Scoring

Points are awarded as follows:

Number of throws/catches	0-6	7-8	9-10	11-12	13-14	15-16	17-18	19-20	21-22	23+
Points	1	2	3	4	5	6	7	8	9	10



Individual Throw & Catch Score Sheet

	Pupil Name	Attempt 1 (number of throws/catches)	Attempt 2 (number of throws/catches)	Best Attempt	POINTS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					



Activity 3: Five Strides

Five Strides measures how far the competitor can bound using long stride lengths and movement control.

Equipment

- Tape Measure
- Cones for start line



Instructions

- The competitor starts with their feet behind the start line, one foot in front of the other.
- The competitor must take **5 bounding strides**, landing on the opposite leg to the take-off leg in each instance, in a continuing forward motion.
- On the fifth and final stride the competitor must remain stationary to have their score recorded.
- Leaders should count the five strides aloud to the competitors so they are aware when to stop.
- Leaders should record the distance where the competitor finishes their fifth stride, from the back of the heel.
- Distances should be recorded to the nearest 25cm
- Pupils should have **3 attempts** at the five strides, as long as time allows, and it is only their **best attempt** that will be counted as their final score.

Scoring

Points are awarded as follows:

Distance (m)	0-3	3.01-4	4.01-5	5.01-6	6.01-6.50	6.51-7	7.01-7.50	7.51-8	8.01-8.50	8.51+
Points	1	2	3	4	5	6	7	8	9	10



5 Strides Score Sheet

	Pupil Name	Attempt 1 (distance in m)	Attempt 2 (distance in m)	Attempt 3 (distance in m)	Best Attempt	POINTS
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						



Activity 4: Agility Run

The agility run measures how effectively the competitor can run whilst changing direction and the position of the body.

Equipment

- 9m straight length
- 7 x Tall cones / traffic cones / poles
- Tape Measure
- Stopwatch



Instructions

- The competitor starts with their feet behind the start line
- The competitor runs straight to the first cone (2m away) and then weaves in and out of the 7 cones laid out at 1m intervals in front of them.
- At the last cone of the course the competitor must go around the cone and weave in and out of the cones on their return to the start cone.
- Once back to the start cone, the competitor must circle the start cone again and **repeat their second lap.**
- Leaders should record the length of time it takes for the competitor to complete the course to the nearest 0.5 sec.
- Pupils may have **2 attempts** at the agility course, if time allows. It is only their best time that will count as their final score.

Scoring

Points are awarded as follows:

Time (secs)	> 30.1	28.1-30.0	26.1-28.0	24.1-26.0	22.1-24.0	20.1-22.0	18.1-20.0	16.1-18.0	14.1-16.0	< 14
Points	1	2	3	4	5	6	7	8	9	10



Agility Run Score Sheet

	Pupil Name	Attempt 1 (secs)	Attempt 2 (secs)	Best Attempt (secs)	POINTS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					



Activity 5: Stork Stand

The Stork Stand measures the competitor's ability to balance on the ball of the foot

Equipment

- Stopwatch

Instructions

- The competitor should remove footwear before attempting the stork stand; competitors can either be bare foot or wear socks.
- The competitor stands on one foot, with their hands on their hips and the non-standing foot against the inside of the knee of the standing leg.
- The competitor must raise the heel to balance on the ball of the foot.
- The stopwatch is started as the heel is raised from the floor.
- Leaders must ensure that the non-standing foot remains at knee level, hands stay on the hips, the standing foot remains still with heel raised off the floor.
- The competitor must complete the test on one foot and then the other
- Competitors should balance for as long as possible (**up to a maximum of 30 seconds on each leg**)
- Leaders should record the time balanced on each leg to the nearest one second
- Pupils have **one attempt at each leg** on the stork stand and leaders should calculate the **total time** balanced by adding the two scores together.



Scoring

Points are awarded as follows:

Total time (secs)	0-5	6-12	13-19	20-26	27-33	34-40	41-47	48-53	54-59	60
Points	1	2	3	4	5	6	7	8	9	10

Stork Stand Score Sheet

	Pupil Name	Right Foot (secs)	Left Foot (secs)	Total Time (secs)	POINTS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					



Score Tables

1. Skipping

Number of skips in 1 min	0-10	11-20	21-30	31-35	36-40	41-45	46-50	51-55	56-60	61+
Points	1	2	3	4	5	6	7	8	9	10

2. Throw and Catch

Number of throws/catches in 30 secs	0-6	7-8	9-10	11-12	13-14	15-16	17-18	19-20	21-22	23+
Points	1	2	3	4	5	6	7	8	9	10

3. Five Strides

Distance over 5 strides (m)	0-3	3.01-4	4.01-5	5.01-6	6.01-6.50	6.51-7	7.01-7.50	7.51-8	8.01-8.50	8.51+
Points	1	2	3	4	5	6	7	8	9	10

4. Agility Run

Time to complete 2 laps (secs)	> 30.1	28.1-30.0	26.1-28.0	24.1-26.0	22.1-24.0	20.1-22.0	18.1-20.0	16.1-18.0	14.1-16.0	< 14
Points	1	2	3	4	5	6	7	8	9	10

5. Stork Stand

Time combined for both legs (secs)	0-5	6-12	13-19	20-26	27-33	34-40	41-47	48-53	54-59	60
Points	1	2	3	4	5	6	7	8	9	10



Class Score Sheet

	Pupil Name	Points for each activity /10					Total Points /50
		1	2	3	4	5	
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							



Year 3 and 4 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 Sports Premium.

Name of School: _____

Contact name: _____

Contact e-mail: _____

Contact phone number: _____

Date: _____

Year Group	Number of girls participating	Number of boys participating
Year 3		
Year 4		

Any comments or feedback on the events:





Year 3 and 4 Personal Challenge Award

Congratulations on participating in your school's Personal Challenge Award



Youth Sport Trust

Teacher Signature

Date



North Herts School
Sport Partnership