



North Herts School

Sport Partnership



NHSSP

Year 1 & 2

Personal

Challenge Award



Year 1 and 2 Personal Challenge Introduction

This competition is designed specifically for pupils in school Years 1 and 2 and measures a range of fundamental athletic 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 at the KS1 age group.

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.

If possible, it is recommended that schools use leaders from Year 5 and 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: Balance

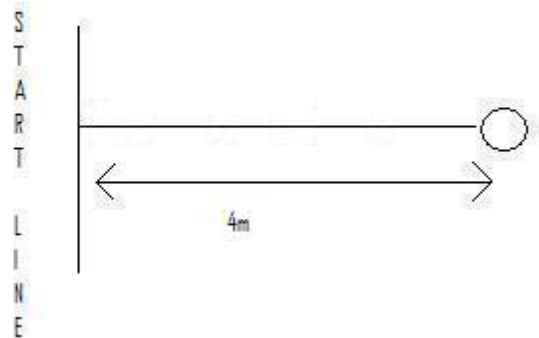
The Balance test measures the competitor's ability to maintain body control whilst moving

Equipment:

- 1 hoop is placed 4m from the start line.
- 12 bean bags are placed at the start line.
- Stopwatch.

Instructions

- Competitors stand behind the start line.
- Competitors pick up a beanbag and place it on their head.
- They must try to walk/run to the hoop place the bean bag in the hoop and return to the start to pick up the next bean bag.
- If the beanbag falls off at any point competitors must return to the start and re-start that shuttle.
- Competitors are not allowed to touch the beanbag with their hands whilst walking/running, if they do they must return to the start and re-start that shuttle
- Competitors have **30seconds** to complete as many shuttles as they can.



Scoring:

Points are awarded as follows:

0-1 bean bag	2 bean bags	3 bean bags	4 bean bags	5 bean bags	6 bean bags	7 bean bags	8 bean bags	9 bean bags	10+ bean bags
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points



Balance Score Sheet

	Pupil Name	Number of bean bags successfully delivered in 30 secs	POINTS
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
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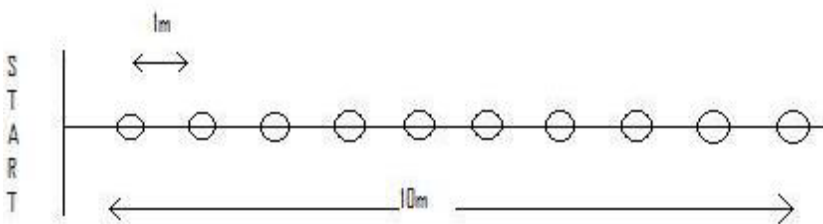


Activity 2: Chest Push

The Chest Push test measures the competitor's ability to produce explosive power

Equipment:

- Measuring tape laid out over 10m with flat cones as markers at every metre.
- Size 4 ball (football, netball etc.)



Instructions:

- Competitors stand with their feet behind the start line and throw a size 4 ball (netball, football etc) as far as they can
- Competitors must throw using two hands and push the ball from their chest (no overhead or underarm throws allowed)
- Competitors may have 2 or 3 attempts (as time allows)
- It is the competitor's best attempt which will be counted as their final score
- Points are scored for where the ball **initially lands/touches** the ground and not where it comes to rest.
- If a ball lands (initial point of contact with the ground) on a cone it is awarded the higher points score.

Scoring:

Points are awarded as follows:

0-99cm	1m-1.99m	2-2.99m	3-3.99m	4-4.99m	5-5.99m	6-6.99m	7-7.99m	8-8.99m	9m +
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points



Chest Push Score Sheet

	Pupil Name	Attempt 1 (m)	Attempt 2 (m)	Attempt 3 (m)	Best Attempt (m)	POINTS
1						
2						
3						
4						
5						
6						
7						
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9						
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30						



Activity 3: Jumping

The jumping test measures the competitor's ability to move the body quickly and jump in rhythm

Equipment:

- A skipping rope/ throw down line/ chalk line is placed vertically on the ground.
- Competitors must jump from **side to side** over the line with both feet together.
- Soptwatch.



Instructions

- A jump will not be counted if the competitor does not jump over the line or if they do not **place both feet** each side of the line.
- Competitors have **15 seconds** to complete as many jumps as they can.
- A jump is counted as each time the competitor lands two-footed on either side
- Competitors may have 2 attempts if time allows

Scoring:

Points are scored as follows:

1-5 jumps	6-10 jumps	11-15 jumps	16-20 jumps	21-25 jumps	26-30 jumps	31-35 jumps	36-40 jumps	41-45 jumps	46+ jumps
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points



Jumping Score Sheet

	Pupil Name	Jumps in 15 secs – Attempt 1	Jumps in 15 secs – Attempt 2	Best Attempt	POINTS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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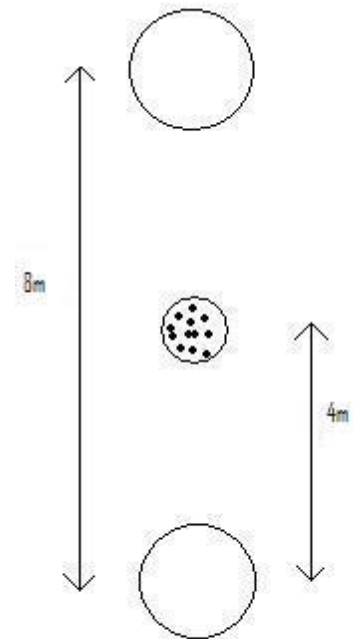


Activity 4: Running / Agility

The Agility run measure the competitor's ability to run quickly whilst having to bend down and change direction

Equipment:

- **2 large hoops** placed 8m apart. A small hoop is placed ½ way between the two hoops, containing 15 bean bags.
- If you are limited by space you may choose to just have 1 hoop 4 metres from the bean bags and pupils perform shuttles back and forth
- Stopwatch.



Instructions

- Competitors start at the central small hoop and begin by picking up one beanbag and running to place it in a large hoop. Competitors then run back to the central hoop to pick up another beanbag and repeat the sequence.
- Competitors have **30seconds** to place as many beanbags in the hoops as possible one at a time.
- Only **one bean bag** can be carried at any one time.
- Bean bags must be **placed** into a hoop. Bean bags that are thrown will not count.
- Competitors can choose which hoop to place their beanbag in. There is no limit on the number of bags in each hoop.

Scoring:

Points are scored as follows:

1-4 bean bags	5 bean bags	6 bean bags	7 bean bags	8 bean bags	9 bean bags	10 bean bags	11 bean bags	12 bean bags	13+ bean bags
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points



Agility Run Score Sheet

	Pupil Name	Number of Bean Bags Successfully Delivered in 30secs	POINTS
1			
2			
3			
4			
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Activity 5: Target Throwing

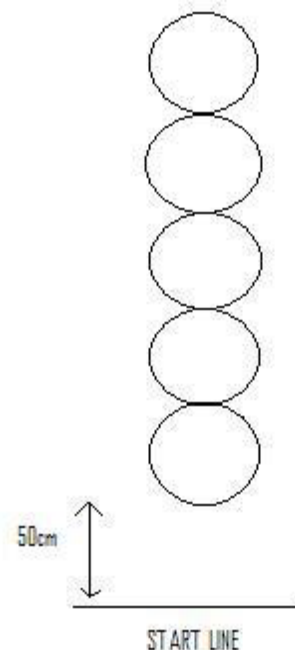
The target throw measures the competitor's throwing accuracy and distance judgement skills

Equipment:

- 5 hoops are laid out in a straight line with the first hoop placed 50cm from a start line. Ideally hoops should be different colours with 2 bean bags to match each hoop.

Instructions:

- Competitors throw each beanbag any way they choose and try and get it to land in the matching colour hoop.
- Competitors are awarded 1 point for each bean bag landing in the correctly coloured hoop
- Competitors have **10 bean bags to throw** and **ALL** scores are added together to give their individual final score for the station.
- Bean bags must remain in the hoop to score any points. If the beanbag lands on the rim of the hoop, points will be awarded if the majority of the beanbag (over half) is inside the hoop. This will be decided at the discretion of the teacher/TA/playleader supervising that station.



Scoring:

Points are scored as follows:

Each bean bag in correct hoop (max 10 points)
1 point for each



Target Throw Score Sheet

	Pupil Name	Bags in Correct Hoop (max 10)	POINTS
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
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Score Tables

1. Balance

- Add all bean bags in the hoop together

0-1 bean bag	2 bean bags	3 bean bags	4 bean bags	5 bean bags	6 bean bags	7 bean bags	8 bean bags	9 bean bags	10+ bean bags
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points

2. Chest Push

- Best attempt only

0-75cm	76cm-1.5m	1.51-2.25m	2.26-3m	3.01-3.75m	3.76-4.5m	4.51-5.25m	5.26-6m	6.01-6.75m	6.76m +
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points

3. Jumping

- Best attempt only

1-5 jumps	6-10 jumps	11-15 jumps	16-20 jumps	21-25 jumps	26-30 jumps	31-35 jumps	36-40 jumps	41-45 jumps	46+ jumps
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points

4. Running / Agility

- Best attempt only

bean bags	5 bean bags	6 bean bags	7 bean bags	8 bean bags	9 bean bags	10 bean bags	11 bean bags	12 bean bags	13+ bean bags
1 point	2 points	3 points	4 points	5 points	6 points	7 points	8 points	9 points	10 points

5. Target Throw

- Add all bean bags

Each bean bag in correct hoop (max 10 points)
1 point for each

Class Score Sheet

	Pupil Name	Points for each activity /10					Total Points /50
		1	2	3	4	5	
1							
2							
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4							
5							
6							
7							
8							
9							
10							
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30							



Year 1 and 2 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 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 1		
Year 2		

Any comments or feedback on the events:





Year 1 and 2 Personal Challenge Award

Congratulations on participating in your school's Personal Challenge Award



Youth Sport Trust

Teacher Signature

Date



North Herts School
Sport Partnership