

# DERBYSHIRE

# SCHOOL & GAMES

## #stayinworkout

## #stayhomestayactive

RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN



The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit the Active Derbyshire [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement.

There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Derbyshire website, in our newsletter, on the Active Derbyshire Facebook, @Active Derbys Twitter account and with local media outlets." Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to [derbyschoolgames@activederbyshire.org.uk](mailto:derbyschoolgames@activederbyshire.org.uk)

For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

# INTRODUCTION TO

# ATHLETICS



30mins

WRITE DOWN WHAT YOU KNOW ALREADY

## THE HISTORY OF THE GAME

History suggests the first record of athletic events in a competitive environment were the Ancient Games, held in Greece between 766BC-393AD. In 1896, the first Modern Olympic Games were held in Athens. The athletes competed in 43 events covering athletics (track and field), cycling, swimming, gymnastics, weightlifting, wrestling, fencing, shooting and tennis.

The Paralympic Movement offers sport opportunities for athletes that have an impairment that belongs to one of the ten eligible impairment types. Athletics has been contested at every Summer Paralympics since the first games in 1960

## SOME KEY TERMS

- Question 1 What is the name of the man associated with creating the Modern Olympic Games?
- Question 2 How many events make up a decathlon? Can you name them?
- Question 3 Which GB female athlete won the 200 metres at the 2016 and 2018 European Championships and is the current 200 metres World Champion?
- Question 4 What were the names of the London 2012 Olympic and Paralympic Mascots? Why were they given those names?

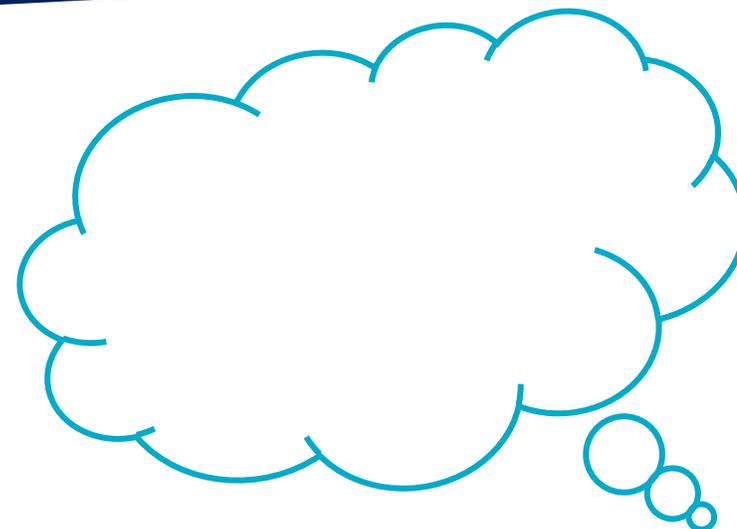
Usain Bolt



Dina Asher-Smith

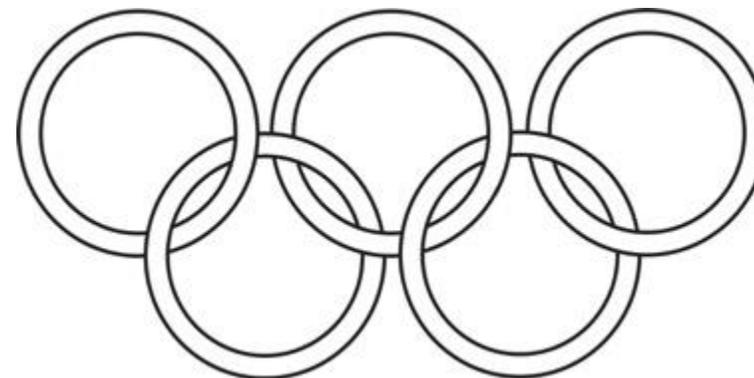


Richard Whitehead



## Olympic Symbol

What does the Olympic symbol below represent? What are the colours of the rings?



# SPORT THEME

# ATHLETICS

# SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive #stayinworkout

## MONDAY MOVERS

! Physical literacy/skills

### Activity overview

#### On Your Marks Set Go Five Metre Sprint

Race against the fastest athletes in the world

### Equipment needed

- Timer
- Makers (toilet roll, shoes, beakers)

### School Games value focus

Self Belief

## TUESDAY CHALLENGE

! Personal challenge

### Activity overview

#### Speed Bounce Jump for Distance

### Equipment needed

- Rolled up towel or cereal box
- Stopwatch/mobile phone
- Soft toys, or similar to use as markers

### School Games value focus

Honesty

## WEDNESDAY WORKOUT

! Links to numeracy/literacy

### Activity overview

#### Race Walking

### Equipment needed

- Soft toys or similar objects for markers
- Stopwatch/mobile phone

### School Games value focus

Self Belief

## THURSDAY THINKING

! Problem solving

### Activity overview

#### Vertical Power Jump Target Throw

### Equipment needed

- Markers, ruler, tape measure or a marker to measure the distance you have jumped
- Five throwing items.
- Targets of different sizes, such as a piece of paper, plastic plate, washing up bowl, bin, cricket stumps

### School Games value focus

Determination



## FRIDAY FUN

! Virtual competition

### Activity overview

#### Home Pentathlon / Design Your Own Pentathlon

Enter by submitting a film clip, a drawing, or any other way you can think of, to [www.activederbyshire.org.uk/forms/view/sgvc](http://www.activederbyshire.org.uk/forms/view/sgvc) before 9am on Friday 12<sup>th</sup> June 2020

### Equipment needed

- Stopwatch/mobile phone
- Tape measure
- Laundry basket or similar target
- Three pairs of rolled up socks
- Sticky tape, objects to use as marker, internet & printer (not essential)

### School Games value focus

Self Belief  
Passion

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## MONDAY MOVERS

# On your Marks Get Set Go Five Metre Sprint



30mins

! Physical literacy/skills

### ACTIVITY

- Mark out an area of five metres / strides
- Use something to mark the area ( shoes/ toilet roll, pillows)
- The fastest man in the world is Usain Bolt. He runs 100m metres in 9.58 seconds
- The fastest woman is Florence Griffiths–Joyner who runs 100 metres in 10.49 seconds
- You are going to race against them!
- Choose who you want to race against and see how many shuttle runs you can complete in the time
- What is your best score out of three attempts
- Take on the 20-lap shuttle challenge <https://www.youtube.com/watch?v= JlpNSOp8x8>
- Mark out a distance of five metres, put down one marker such as a shoe/ hat. Take five strides and place down your second marker
- Time how long it takes to complete the 20-lap challenge = 100 metres
- Record your results on the pentathlon challenge card (details on Friday activity card)

### EQUIPMENT NEEDED

- Markers e.g. shoes, bags, hats
- Timer e.g. top watch/ phone



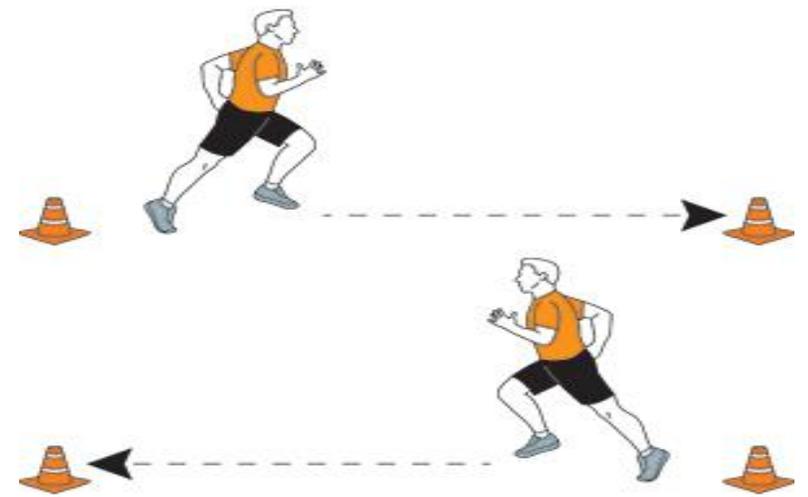
How can you demonstrate self belief throughout this challenge?

Keep going, don't give up!

### ! TOP TIPS

Get someone to film you race so you can look back at your technique to help improve your performance

Why not try this now? <https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/jenny-meadows-challenges/>



### MAKE IT EASIER...

- Make the distance smaller for the first activity and walk/slow jog laps on the 5m sprint

### MORE OF A CHALLENGE

- Start your race with a sprint start – follow this link to help you: <https://www.youthsporttrust.org/free-home-learning-resources-secondary>
- Race against someone in your household

### MAKE IT INCLUSIVE

- Change the distance to suit your ability for the first activity, shorter or longer. See how far you can travel in 9.58 seconds without stopping. Put a marker down and measure the distance you have covered
- For the 5m sprint, walk, jog, run it's up to you. Break it down into five shuttles and have a rest

### LEAD OTHERS

- Arrange a race/relay with your household and create a leaderboard

## TUESDAY CHALLENGE

# Speed Bounce

### ! Personal Challenge

## ACTIVITY

- Watch the clip to see how to complete this challenge safely in your home.  
<https://www.youtube.com/watch?v=3cKdMXvBDnQ&feature=youtu.be>
- Jump sideways across a line or rolled up towel as many times as you can for 20 seconds
- Keep your feet together and try to land on two feet
- Count how many times you land either side of the line/towel
- Record your score then try to beat it after a rest

## MAKE IT EASIER...

- Jump across a line, a skipping rope or a joint in the cement on a patio

## MORE OF A CHALLENGE

- Once you've beaten your PB, try to equal it in 19 seconds rather than 20

## EQUIPMENT NEEDED

- A rolled-up bath towel or cereal box
- A stopwatch/mobile phone to time

## MAKE IT INCLUSIVE

- Hold onto the back of a chair to give you stability. Move wheelchair side to side

## LEAD OTHERS

- Teach a member of your family to complete the challenge



15mins



**How can you demonstrate honesty throughout this challenge?**

Compete against yourself and beat your Personal Best score



**TOP TIPS** Keep your feet and knees together and your knees soft on each landing.

**Why not try this now?** Make the barrier higher by adding another towel or a taller cereal box.

## TUESDAY CHALLENGE

# Jump for Distance

### ! Personal Challenge

## ACTIVITY

- Starting on two feet, how far can you jump, landing on two feet (standing long jump)?
- Complete the activity again but this time taking off on one foot (this is the hop)
- Progressing, hop as far as you can, alternating take off between left and right foot
- Add a step after the hop so you now have hop-step
- Finally add a jump to create three phases; hop-step-jump (triple jump)
- Record all of your distances and then try to beat them

## MAKE IT EASIER...

- Concentrate on mastering the first element before progressing

## MORE OF A CHALLENGE

- Try the triple jump combination hop, step, jump getting further each time

## EQUIPMENT NEEDED

- Socks, tea towels or towels to jump over
- A tape measure or piece of string

## MAKE IT INCLUSIVE

- Practice a change of foot pattern on the spot. Single push on a wheelchair



15mins



**How can you demonstrate honesty throughout this challenge?**

Make sure your feet are behind the line and you measure consistently each time

## LEAD OTHERS

- Teach another member of your family to jump and hop further



**TOP TIPS** Keep your head up, bend your knees and drive your arms up & forward

**Why not try this now?** Have a go at mastering the triple jump technique  
<https://www.youtube.com/watch?v=WJseba-qWRc>

## WEDNESDAY WORKOUT

# Race Walking



30mins

! Links to numeracy/literacy

## ACTIVITY

Today is “Wiggle Wednesday” and it’s time to get your hips into action!

Yes, race walking looks odd but believe it or not, it is an Olympic sport! So give the wiggle a go!

- First try walking as fast as you can without running
- One foot must always have contact with the ground (Flight time) is illegal (A bit like travel in basketball)
- Keep your feet in a straight line
- You’ll find your hips rotate which gives it the distinctive “WIGGLE” action
- Alternate race walking and normal walking, feel the difference
- Swing your arms to give you added power and for balance
- When comfortable with the walking style, set yourself a time or distance to complete (Laps of the house or garden)

## EQUIPMENT NEEDED

- Objects to use as markers e.g. soft toys, gloves, bobble hats

! **TOP TIPS** Watch the experts race walking on YouTube  
<https://www.youtube.com/watch?v=ns8HCL0mdk>

## Why not try this now?

- When out next on a walk, challenge yourself to “Race walk “ some sections ahead e.g. between trees, landmarks in the park or countryside.



**How can you demonstrate self belief throughout this challenge?**

Set your markers and course out and be determined to race walk between them



## MAKE IT EASIER...

- If walking fast is hard, alternate between normal walking and race walking

## MORE OF A CHALLENGE

- Challenge yourself to beat your best time for the circuit you’ve created. Really get the wiggle going!

## MAKE IT INCLUSIVE

- Race walk for a shorter time, say ten seconds and try to built it up form here

## LEAD OTHERS

- Once you’ve mastered the wiggle walk, teach another member in your household how to do it. Then why not challenge them to a race

## THURSDAY THINKING

# Vertical Power Jump

! Problem solving

## ACTIVITY

- A vertical power jump is how high you can jump from a standing position [https://www.youtube.com/watch?v=20d\\_MA76CdQ](https://www.youtube.com/watch?v=20d_MA76CdQ)
- Before starting, ensure your surrounding space is safe
- Against a wall, how high up the wall can you jump and reach, taking off on two feet?
- Use bags, coats, or cushions to create a pile/stack and then try and jump over
- Increase the height each time until you can't jump over the pile/stack

## MAKE IT EASIER...

- Start with a shorter distance to jump

## MORE OF A CHALLENGE

- Can you beat your personal best score? Try taking off and landing on one leg

## EQUIPMENT NEEDED

- Markers, ruler, tape measure or a marker to measure the distance you have jumped.

## MAKE IT INCLUSIVE

- Wheel chair users can see how far they can travel with a one handed push/ power chair moves in an agreed time.

## LEAD OTHERS

- Be creative and design your own challenge



15mins



**How can you demonstrate Determination throughout this challenge?**

Don't give up, try to beat your target



## TOP TIPS

Head up, swing your arms and bend your knees when you land

**Why not try this now?** Speed bounce grid challenge by Jenny Meadows

➤ [https://www.youtube.com/watch?v=1K\\_BFsJ8vHE&feature=youtu.be](https://www.youtube.com/watch?v=1K_BFsJ8vHE&feature=youtu.be)

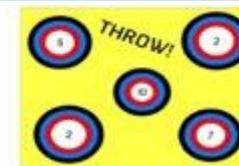
## THURSDAY THINKING

# Target Throw

! Problem solving

## ACTIVITY

- Players stand behind a start line and try to throw a sock/ ball onto their chosen target
- The aim is to hit each target and see how many points you can get out of five throws – decide what type of throw you need to use to hit the target
- Place targets of different sizes on the floor. Place some close and some further away



## EQUIPMENT NEEDED

- Targets of different sizes, such as a piece of paper, plastic plate, washing up bowl, cricket stumps
- 5 x throwing items -Crumpled balls of paper/ socks

## MAKE IT EASIER...

- Make the targets bigger and closer to the throwing line

## MORE OF A CHALLENGE

- Make the distances further away. Add a time limit and points to complete the challenge in

## MAKE IT INCLUSIVE

- Think about texture, colour, size and distance for throwing items and targets
- Roll the ball rather than throw

## LEAD OTHERS

- Can you coach others with their throwing technique?
- Can you create an overarm throwing practice?



15mins



**How can you demonstrate determination throughout this challenge?**

Don't give up, try different ways of throwing to hit your target



## TOP TIPS

Try different types of throws to hit all of your targets

**Why not try this now?** Find out about the different types of throwing events in Athletics click here for throwing support- [throwing video](#)

## FRIDAY FUN

# Pentathlon Challenge

! Virtual competition

## ACTIVITY

- You will have taken part in a number of the Home Pentathlon activities over the week. Now challenge yourself to complete them all and submit your scores [Introduction to Home Pentathlon Challenge](#)
- A total of five events for you to compete in: 5m shuttle x20 times, Standing Long Jump, Vertical Jump, Speed bounce (20 seconds), Target throw
- For more information and to download the results spreadsheet click [here](#) Once completed, send your results files to [sportshall.athletics@gmail.com](mailto:sportshall.athletics@gmail.com) with your school and county
- Make sure you complete your entry by 9am on Friday 12<sup>th</sup> June 2020

## EQUIPMENT NEEDED

- Stopwatch/mobile phone, tape measure, laundry basket or flat target
- Three objects to throw, e.g.: rolled up socks; tape (sticky or masking tape), soft objects as markers



15mins



### How can you demonstrate Self Belief throughout this challenge?

Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

## MAKE IT EASIER...

- Rest between each activity or just choose three events to compete in

## MORE OF A CHALLENGE

- From your first to last attempt at each event, set yourself the target of improving in a minimum of two of these activities to beat your Personal Best

## MAKE IT INCLUSIVE

- [http://www.sportshall.org/wp-content/uploads/2014/08/Parallel\\_Rules\\_and\\_Guidance\\_notes\\_13a.pdf](http://www.sportshall.org/wp-content/uploads/2014/08/Parallel_Rules_and_Guidance_notes_13a.pdf)

## LEAD OTHERS

- Teach another member of your household how to take part in each activity and challenge them to a mini-competition



## TOP TIPS

Rest between activities, rehydrate and prepare to do your best

### Why not try this now?

Check out the internet for the decathlon, what are the ten events at Olympic level competition?

## FRIDAY FUN

# Design Your Own Pentathlon

! Virtual competition

## ACTIVITY

- Consider the space and equipment you have available and design your own pentathlon
- Your pentathlon should consist of five events, a run, jump, throw and two others of your choice. Be as creative as you can when designing them
- Challenge yourself to complete them all if you feel confident in doing so
- Enter the competition by submitting a film clip of yourself explaining your events, completing them, a drawing of them or any other way you can think of sharing your work to [www.activederbyshire.org.uk/forms/view/sgvc](http://www.activederbyshire.org.uk/forms/view/sgvc) before 9am on Friday 12<sup>th</sup> June 2020

## EQUIPMENT NEEDED

- Pen and paper to draw your design (computer optional)
- Household object to help you safely create
- A device to film (optional)



15mins



### How can you demonstrate determination throughout this challenge?

Use your inspiration to achieve and succeed by entering the virtual competition

## MAKE IT EASIER...

- Use some events from the Home Pentathlon resource

## MORE OF A CHALLENGE

- Set yourself a time / distance on each of your events

## MAKE IT INCLUSIVE

- Think about how you could include events for people with different abilities

## LEAD OTHERS

- Explain or demonstrate to a member of your household your events



## TOP TIPS

Gain inspiration by researching existing athletics events, but make up your own

### Why not try this now?

Could you add two more events and make it into a heptathlon?



# SIMPLE

# MINIMAL

# EASY

to set up and take part in all the modified and well known Sportshall events

equipment required

to score and record results - share progress with friends/family across the UK

### IMPORTANT

We encourage everyone in the household to take part in the Home Pentathlon (where possible) but all activity must take place under adult supervision, ensuring;

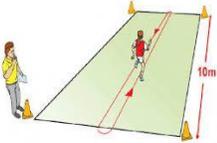
- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around activity.

[VIEW INSTRUCTION VIDEOS](#)

FA

**20 x 5m Shuttle Run**

Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

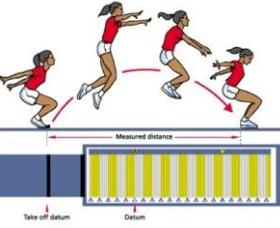


Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

**PLEASE USE A FLAT / DRY SURFACE**

**Standing Long Jump**

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.



The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**PLEASE USE A FLAT / DRY SURFACE**

#HomePentathlon

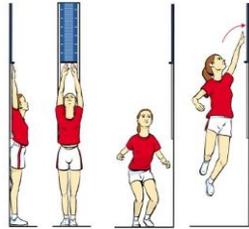
- STAY AT HOME
- TAKE PART AT HOME
- SHARE YOUR RESULTS

# #stayinworkout

# #stayhomestayactive



**Vertical Jump**



The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.

**Speed Bounce**

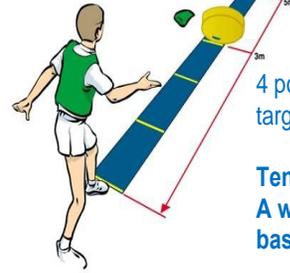


The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.

**Target Throw**



The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated.

4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target

**Tennis Balls, Rolled up socks or small soft toys can be used. A washing basket, paper bin, cardboard box or dog basket are example target items.**

#HomePentathlon



#stayinworkout

#stayhomestayactive

