




WSW PERSONAL KS1 VIRTUAL CHALLENGES

You have the Easter Holidays to practice and complete as many personal challenges as you want. We have challenges for balance, co-ordination, agility, power, and speed. Practice to improve your personal best times and scores.


Feel free to email Gemma.Barlow@theregisschool.co.uk with your forename / year / school / score but most importantly stay active and have FUN 😊

BALANCE - ANIMAL BALANCES

	STORK STAND	CRAB BALANCE	MONKEY BRANCH
TECHNIQUE	<ul style="list-style-type: none"> • Stand on one leg • Keep balancing foot still • Arms out to your side • Try on both legs 	<ul style="list-style-type: none"> • On all fours facing up • Lift bottom off floor • Lift one leg up off the floor • Try on both legs 	<ul style="list-style-type: none"> • Walk along 'branch' one foot after the other • Arms out to your side • Head up, looking ahead 
SCORING/TIMING TO TRACK	Once foot is raised time starts and as soon as it touches the floor time stops.	Once foot is raised time starts. As soon as raised foot or bottom touches the floor, time stops.	If foot touches the floor go back to the start. How many times can you walk along the branch in one minute?
PERSONAL BESTS	Children are encouraged to submit photos or videos of themselves and their families completing the challenges.		Twitter: @wsw_ssp Instagram: @wsw_ssp


Video off all challenges can be found here: <https://youtu.be/rJ3Y9YI9424>

CO-ORDINATION - SOCK CHALLENGES

	SOCK THROW, CLAP & CATCH	SOCKS IN A BIN	SOCKS AND A PAN
<p>TECHNIQUE</p> 	<ul style="list-style-type: none"> • Do not throw higher than head height • Keep your eyes on the socks • Add a clap when you have practiced and been successful 	<ul style="list-style-type: none"> • Practice underarm for nearer to the bin & overarm for further away • Look at where you are aiming and swing the arm in that direction • Ensure you are facing the bin & have a balanced stance. 	<ol style="list-style-type: none"> 1. Walk around with the socks balanced on the flat side of the pan. Do not rush. 2. Toss the socks in the air no higher than head height and watch them 'into' the pan. 3. Use the flat side of the pan to control the socks on the ground. Bend your knees & move body to keep control.
<p>SCORING/TIMING TO TRACK</p> <p>PERSONAL BESTS</p>	<p>How many throw & catches OR throw, clap & catches can you do in 30 seconds?</p>	<p>What is your best out of 5 and at what distance from the bin?</p>	<ol style="list-style-type: none"> 1. How long until they fell? 2. How many in 30 seconds? 3. How long until lost control?
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Video off all challenges can be found here: <https://youtu.be/cFtaJ8RmsPs>

AGILITY - RAINBOW CHALLENGES

	RAINBOW REACTIONS	RAINBOW RUN	JUMPING THE RAINBOW
<p>TECHNIQUE</p> 	<ul style="list-style-type: none"> • Try to stay in the 'ready' position <ul style="list-style-type: none"> • Feet shoulder width • Knees bent • Chest proud • Head up • Quick on your feet • Avoid turning in big circles 	<ul style="list-style-type: none"> • Sidestep keeping knees slightly bent • Try not to turn body sideways as this is gallop • Try to turn and change direction with speed • Keep your head up 	<ul style="list-style-type: none"> • Two feet to two feet jumps • Keep knees soft when landing • Try to keep chest proud - not bending over <p>Challenge? Add a ¼ or ½ turn when jumping over</p>
<p>SCORING/TIMING TO TRACK PERSONAL BESTS</p>	<p>Change direction with speed, how many times can you run the rainbow in 20 seconds?</p>	<p>Change direction with speed, how many times can you run the rainbow in 20 seconds?</p>	<p>How many times can you jump the rainbow in 20 seconds?</p>
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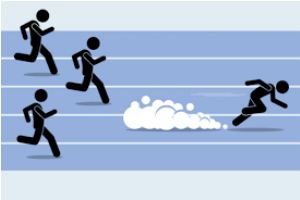
Video off all challenges can be found here: https://youtu.be/kAkalRm_3hs

POWER - CUDDLY TOY CHALLENGES

	CUDDLY TOY POWER JUMP	CUDDLY TOY THROW	CUDDLY TOY LEAP FROG
TECHNIQUE 	<ul style="list-style-type: none"> • Feet shoulder width apart to start • Bend knees & explode up • Swing arms to help you get power • Bend your knees as you land to cushion your jump 	<ul style="list-style-type: none"> • Elbows out to the side (like chicken's wings) • Push hands straight away, do not aim towards the floor • Remember they do not move the marker backwards! 	<ul style="list-style-type: none"> • Take off and land in a squat position • Make sure you can reach the toys between your legs • Make sure you look where you are leaping!
SCORING/TIMING TO TRACK PERSONAL BESTS	Challenge yourself, how long is your longest jump?	Challenge yourself, how far can you throw from 3 attempts?	How many leap frogs can you make in 20 seconds?
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Video of all challenges can be found here: <https://youtu.be/2feBbtpO3XY>

'S' FOR SPEED CHALLENGES

	STAR JUMPS	SHUTTLE RUNS	SPEED PUNCH
TECHNIQUE 	<ul style="list-style-type: none"> • Arms & legs move in & out at the same time • Arms just above shoulder height • Land softly with slightly bent knees • Control your arms do not let them just swing and hit your legs 	<ul style="list-style-type: none"> • Try to keep your head up as you are running • Use your arms to power your legs • Bend your knees to touch the object on the ground, do not just bend over 	<ul style="list-style-type: none"> • Try to throw your punches straight out in front of you • Do not hold your breath • Keep your knees bent slightly so can keep balance
SCORING/TIMING TO TRACK PERSONAL BESTS	How many can you do in 20 seconds?	How many times can you run between the objects in 20 seconds?	How many punches can you throw in 20 seconds?
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Video off all challenges can be found here: <https://youtu.be/SmOPglsqbhw>