STAND UP CHALLENGE

Sporting Superstars Go For Gold Challenge – Week 11

Every week we will be setting a physical activity challenge to all of the young people in Nottingham.

The Sporting Superstars Go For Gold Challenge will invite you to have a go at the weekly challenge, video yourself having a go then upload your effort onto twitter, tag your tweet with the weekly hashtag.

When you have completed 2 weekly challenges you will be awarded a BRONZE WRISTBAND

When you have completed 5 weekly challenges you will be awarded a SILVER WRISTBAND

When you have completed 8 weekly challenges you will be awarded a GOLD WRISTBAND

#ssnstandup

Aim of the challenge: To sit down on the floor and stand up as many times as you can in 45 seconds

How to play: This weeks challenge is a simple physical challenge involving sitting down and standing up!

Start the challenge by sitting down on the floor. Then the challenge is to stand up and put your hands in the air, that's 1 scored. Then sit down on the floor and keep standing up and putting your hands in the air as many times as you can in 45 seconds.

WATCH THE VIDEO EXAMPLE – CLICK HERE

How to score: Count how many you do in 45 seconds, then see if you can beat it!

How to record and submit your results: Count your scores and upload your entry to twitter (along with the video where possible), providing the following information.

Name: First Name, Last Initial

School:

Year Group / Class:

Initial Score:

Best Score:

Remember to tag your tweet with *#ssnstandup and @SchoolSportNot1*

If you don't have access to twitter you can still play simply email your results to n.robb@ellisguilford.nottingham.sch.uk

How will the awards work?: School Sport Nottingham will keep a record of your Sporting Superstars Go For Gold Challenges and will be getting all of the wristbands awarded once you are back at school. There will also be weekly Sporting Superstar Gold Medals awarded for special and creative efforts!!

Good Luck !!