

## Sporting Superstars Go For Gold Challenge – Week 9

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

### #ssnhurdles



**Aim of the challenge:** To complete as many circuits of the hurdles course as you can in 30 seconds

**How to play:** First you need to set out your hurdles course! To do this you should get 3 tea towels (or something of a similar size) and lay them out on the ground about 1 metre apart (see the picture).

The aim of the challenge is to make 2 footed jumps into the space between each of the tea towels, then when you get to the end run round back to the start. That's a score of 1! Then repeat the process as many times as you can in 30 seconds. The video will show you how to do it!

WATCH THE VIDEO EXAMPLE – [CLICK HERE](#)

**How to score:** Time yourself to complete the challenge, make a note of the time and 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 Time:**

**Best Time:**

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

If you don't have access to twitter you can still play simply email your results to [n.robbs@ellisguilford.nottingham.sch.uk](mailto:n.robbs@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 !!**