

## Sporting Superstars Go For Gold Challenge – Week 2

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

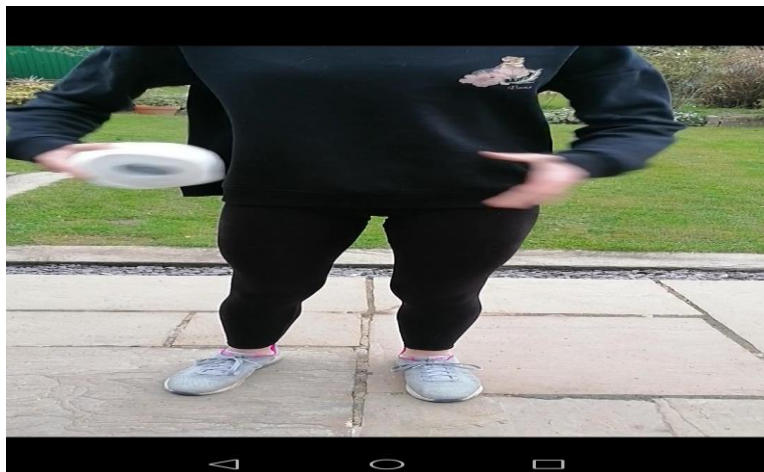
The Sporting Superstars Go For Gold Challenge will invite you to have a go at the weekly challenge, video yourself having a go then upload your effort onto twitter, tag your tweet with the weekly hashtag.

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

### #ssnaroundtheworld



**Aim of the game:** To pass the object around your body as many times as you can in 30 seconds

**How to play:** Find an object of your choice (ball, pair of socks or even a toilet roll!) and pass it around your body (or legs!) as many times as you can in 30 seconds. Record your first attempt then try and beat it!!

**WATCH THE VIDEO EXAMPLE – ROUND YOUR BODY (EASY) – [CLICK HERE](#)**

**WATCH THE VIDEO EXAMPLE – ROUND YOUR LEGS (HARD) – [CLICK HERE](#)**

**How to score:** Every time you do a successful pass around your body / legs it counts as 1 point.

**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 / Category: Yr X / Teacher / Adult

Initial Score:

Best Score:

Remember to tag your tweet with **#ssnaroundtheworld** 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](mailto: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" prizes awarded for special and creative efforts!!

***Good Luck and get going around the world!!***

## PE @ HOME – WEEK 2 ACTIVITIES

*For the next 2 weeks during the Easter Holidays we are showcasing some games, activities and challenges from the Youth Sport Trust PE programme and the School Games Programme.*

*Just click on the links below, follow the instructions, or watch the video, have a go and have some active fun!!*

**CLIMB THE LADDER – TARGET GAME – [CLICK HERE](#)**

**LINE LUNGE – WITH A PARTNER – [CLICK HERE](#)**

**STANDING LONG JUMP – JUMPING – [CLICK HERE](#)**

**WACKY RACES – RUNNING – [CLICK HERE](#)**

**TOP TEN – THROWING & CATCHING – [CLICK HERE](#)**

## PE @ HOME – WEEK 2 – GET MOVING

This weeks feature programme is **GO NOODLE**

Lots of fun great videos to get you up and moving and feeling great!

**For GO NOODLE – [CLICK HERE](#)**