

## Sporting Superstars Go For Gold Challenge – Week 4

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

### #ssncatchandclap



**Aim of the game:** To do as many claps as you can between throwing a ball / object in the air and then catching it

**How to play:** You'll need to be outside to do this challenge to make sure you can throw in the air! Start by tossing a tennis ball (or similar object like a screwed up pair of socks). While it is in the air, clap your hands once then catch the ball/object. Next throw the ball/object again and this time try 2 claps before catching. Keep repeating this process adding extra claps each time, can you get to 5 or even more?!!

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

**How to score:** 1 point for every clap you manage before successfully catching the ball / object

**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:**

**Best Score:**

Remember to tag your tweet with **#ssncatchandclap** 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 Gold Medals awarded for special and creative efforts!!

**Good Luck !!**