

Sporting Superstars Go For Gold Challenge – Week 10

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

#ssnwallcatch



Aim of the challenge: To complete as many catches of the ball rebounding off the wall as you can in 30 seconds

How to play: For this challenge you'll need an object you can throw and catch, ideally a ball. First find a wall that you can throw a ball against, stand next to the wall then take 1 large step away from the wall and put down a marker. The challenge involves you throwing the ball against the wall then catching it before it hits the floor. You should complete as many throws and catches as you can in 30 seconds. You can try different size balls and catching with 1 hand if you want to add to the challenge!. The video will show you how to do it!

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

How to score: Count how many you do in 30 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 **#ssnwallcatch 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 !!