

## Sporting Superstars Go For Gold Challenge – Week 14

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

### #ssnwalkout



**Aim of the challenge:** To walk out with your hands in a press up position as many times as you can in 30 seconds!

**How to play:** Stand up straight. Next go down to the mat /floor and walk your hands forwards and backwards , keeping your feet still. Then stand up and reach your arms up to the sky! That's a count of 1 then repeat. Watch the video to see how to do it!

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

**How to score:** As many walk outs as you can 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 **#ssnwalkout 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 !!**