

## Sporting Superstars Go For Gold Challenge – Week 5

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

### #ssnshuttle30



**Aim of the challenge:** To complete as many shuttles as you can in 30 seconds

**How to play:** Find a space, ideally outdoors where you can set up your shuttle run. Find 2 objects that you can use as your markers e.g. plastic tubs, toilet roll stood on its end, plastic plant pots etc. Place one of the markers on the floor then take 8 big strides / steps away from the marker and then put the second marker on the floor.

Stand next to one of the markers and on “go” run to the second marker and touch it with your hand. This counts as 1 shuttle. Then quickly run back to the start marker and touch that one with your hand. This counts as your 2<sup>nd</sup> score. Keep going until the 30 seconds are over. Write down your first attempt total then see if you can beat it!

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

**How to score:** 1 point for every shuttle you complete in 30 seconds

**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 **#ssnshuttle30** 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!!