

Sporting Superstars Go For Gold Challenge – Week 7

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

#ssnballpass



Aim of the challenge: To complete 2 ball pass challenges with your partner as fast as you can

How to play: You'll need a partner for this one! See if a brother or sister or an adult living in your house will join in and help you.

Put a ball (or something similar you can pass to each other like a toilet roll!) in a space then put a marker down 3 strides away from the ball. Then go back to the ball and take 3 strides in the opposite direction and put another marker down. You stand at one marker and your partner stands at the other marker. On the "go" both of you run to the ball, one of you pick it up and then pass it to your partner around your middle 5 times. Then repeat going over and under 5 times, then put the ball down, race back to your marker and stop the watch!

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

How to score: Time yourself to complete the challenge, make a note of the time and 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 Time:

Best Time:

Remember to tag your tweet with **#ssnballpass** 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

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!!