

Sporting Superstars Go For Gold Challenge – Week 8

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

#ssncrossrun



Aim of the challenge: To complete the circuit of moving the balls to the cross and back 2 times in the quickest time possible

How to play: You'll need a good size outdoor space for this challenge!

Starting at a central point place bowl or hoop (or something similar) that you place small objects into. Then take 4 big strides and put a marker or small bowl on the floor. Then go back to the central point and do the same thing at a right angle to the last marker, and repeat until you have 4 markers on the floor and a central bowl (this should then look like a cross!)

Start with 4 small balls, or beanbags, or rolled up socks in the central bowl. On the "GO" pick up 1 ball and run to the first marker and place it on / in the marker. Run back to the central bowl, pick up the next ball and go to the next marker and place it down. Repeat until you have all 4 balls on the 4 markers. Then repeat by now collecting the balls and bring them back to the central bowl.

Repeat until all 4 balls are back in the central bowl. Then repeat the whole process again! Then 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 **#ssncrossrun** 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