

# BERKSHIRE VIRTUAL SCHOOL GAMES

## Week Five – Olympic Challenges – KS1, 2 & 3

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

**KS1- Years 1 & 2- Level 1**

**KS2- Years 3,4,5 & 6-Level 2**

**KS3- Years 7,8 & 9- Level 3**

### CHALLENGE ONE: VOLLEYBALL BALL MASTERY

#### What you will need?

- Volleyball** – or football or large ball equivalent
- Markers x 2** – or cans, socks, tins, or plastic bottles
- Chalk x 1** – tape or blu-tack
- Wall Space** – away from windows and doors.
- Stopwatch** – If not a Phone or a watch or an iPad.

#### Level 1 (KS1 Scoring)

#### Level 2 (KS2 Scoring)

#### Level 3 (KS3 Scoring)

NB: **"Dig"** - hold your hands together with your thumbs flat together. Propel the ball into the air (both hands must be used).

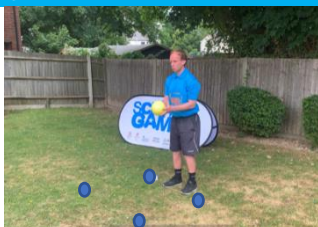


- Mark a scoring square 2 paces by 2 paces.
- Stand in the square.
- Using a large ball, or equivalent, place the ball on your arms and allow the ball to slide onto your thumbs. Attempt to **"dig"** the volleyball up in the air and allow to drop into the target zone.
- The ball must go upwards and land in the target zone to be a successful attempt.
- 1 point scored for every successful attempt.
- You have 60 seconds to complete as many successful attempts as possible.
- KS1 do not forget to **record your best score!**

- Mark a scoring square 2 paces by 2 paces.
- Stand in the square.
- Using a large ball, or equivalent, place the ball on your arms and allow the ball to slide onto your thumbs. Attempt to **"dig"** the volleyball up into the air continuously counting the number of digs.
- Should the ball hit the floor you must reset to zero.
- Count the highest number of continuous digs without the ball touching the floor and the person leaving the scoring square.
- You have 60 seconds to record the highest score.
- KS2 do not forget to **record your best score!**

- On a wall mark **a line (net)** 2 metres up from the floor.
- Mark a line 2 paces from the wall as your starting point.
- Attempt to **"dig"** the volleyball into the air, towards the wall and above the line.
- You must dig the ball over the marked line on the wall and catch the ball to score a point.
- Should the ball hit the floor the rally must reset to zero.
- The highest number of continuous digs going over the net and being caught will be the total for the practice
- You have 60 seconds record your highest score
- KS3 do not forget to **record your best score!**

#### LAYOUT



#### IF I NEED SUPPORT...

- Increase the size of the landing area
- Move closer to the wall target
- Lower the net line

#### IF I NEED A CHALLENGE...

- Decrease the size of the landing area
- Move further away from the wall
- Raise the net line

## CHALLENGE TWO: FENCING FOOTWORK + BALANCE

### What you will need?

**Foil** – If not a Cricket Stump or Cricket bat or tennis racket or wooden spoon or frying pan.

**2 x Markers** – Cones or Socks or cans or plastic cups.

**1 x Ball** – If not bean bag or Sock balls or tin foil ball or paper ball.

**Chalk** – if not tape or blu-tac k

**Stopwatch** – If not a Phone or a watch or an iPad.

### Level 1 (KS1 Scoring)

- Using the 2 markers, place them 5 paces apart.
- Start at 1 marker in the “**En-garde** (on guard)” position with your ‘foil’ ready.
- On “**Allez** (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2<sup>nd</sup> marker (see video).
- Once you have reached the 2<sup>nd</sup> marker ‘**lunge**’ to attack before reversing defensively to you starting marker.
- 1 point is scored each time you make a lunge attack.
- You have 60 seconds to score as many points as possible.
- KS1 do not forget to record your best score!**

### Level 2 (KS2 Scoring)

- Using the 2 markers, place them 5 paces apart with the 2<sup>nd</sup> marker being 1m from a clear wall space.
- Create a scoring zone on the wall space using tape, chalk, (or blu- tack) approximately the size of a torso/body (scoring area in Fencing).
- Start at 1 marker in the “**En-garde** (on guard)” position with your ‘foil’ ready.
- On “**Allez** (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2<sup>nd</sup> marker (see video).
- Once you have reached the 2<sup>nd</sup> marker ‘**lunge**’ to attack the scoring zone with your foil before reversing defensively to the starting marker.
- 1 point is scored each time you make a lunge attack and contact the target with your foil.
- You have 60 seconds to score as many points as possible.
- KS2 do not forget to record your best score!**

### Level 3 (KS3 Scoring)

- Using the 2 markers, place them 5 paces apart.
- Balance an item on your foil (rolled socks or bean bag).
- Start at 1 marker in the “**En-garde** (on guard)” position with your ‘foil’ out in front of you.
- On “**Allez** (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2<sup>nd</sup> marker.
- Once you have reached the 2<sup>nd</sup> marker carefully ‘**lunge**’ to attack before reversing defensively to the starting marker (see video).
- 1 point is scored each time you make a lunge attack.
- If you drop the object you are balancing start counting from zero.
- You have 60 seconds to score as many points as possible.
- KS3 do not forget to record your best score!**

### LAYOUT



En-garde position



En-garde position



En-garde position

### IF I NEED SUPPORT...

- Reduce the distance.
- Use a heavier object to balance on the ‘foil’
- Use a ‘foil’ with a larger surface area

### IF I NEED A CHALLENGE...

- Increase the distance
- Use a lighter/livelier object to balance on the ‘foil’
- Use a ‘foil’ with a smaller surface area

## CHALLENGE THREE: MODERN BATHLON

### What you will need?

- Household Objects** x 3 – Small balls, socks rolled up  
**Markers x 2** – Tins, cans, plastic cups can be used as well  
**Chalk** – Tape or Blu-Tack  
**Wall Space**- away from windows and doors.  
**Stopwatch** – If not a Phone or a watch or an iPad.

#### Level 1 (KS1 Scoring)

- Set out 2 x markers, 5 paces apart and 2 paces from the wall.
- Draw (or blu-tack) a large square 1m x 1m on the wall.
- Set out your 3 x household items next to the markers furthest from the wall target.
- Pick up the three household objects and run to the second marker before **'shooting'** (aiming and throwing each object overarm) at the target on the wall.
- You score 1 point for every successful throw (shot) that hits the wall target.
- Collect the objects and run back to 1<sup>st</sup> marker and repeat.
- You will have 60 seconds to score as many points as possible.
- KS1 do not forget to **record your best score!**

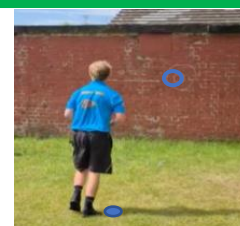
#### Level 2 (KS2 Scoring)

- Set out 2 x markers. 5 paces apart and a wall 2 paces from the end of the running zone.
- Draw (or blu-tack) a circle (roughly the size of a large dinner plate) on the wall.
- Place 3 objects to shoot next to the marker nearest the wall (2 paces away).
- Start at the end nearest the wall with the targets and complete 4 x shuttle runs before **'shooting'** each of the objects with an overarm throw at the large circle.
- 1 point for each successful shot that hits the circle.
- Collect the objects and run back to 1<sup>st</sup> marker and repeat.
- You have 60 seconds to score as many points as possible. KS2 do not forget to **record your best score!**

#### Level 3 (KS3 Scoring)

- Set out 2 x markers, 5 paces apart and a wall 2 paces from the end of the running zone.
- Draw (or blu-tack) a small circle (roughly the size of a small plate) on the wall.
- Place 3 objects to shoot next to the marker nearest the wall (2 paces away).
- Start at the end nearest the wall with the targets and complete 4 x shuttle runs before **'shooting'** each of the objects with an overarm throw at the small circle.
- 1 point for each successful shot that hits the small circle.
- Collect the objects and run back to 1<sup>st</sup> marker and repeat.
- You have 60 seconds to score as many points as possible.
- KS3 do not forget to **record your best score!**

### LAYOUT



### IF I NEED SUPPORT...

- Decrease the running distance
- Make the target on the wall larger

### IF I NEED A CHALLENGE...

- Increase the running distance
- Make the target on the wall smaller

ENJOY YOUR CHALLENGES AND DO YOUR BEST  
 DON'T FORGET TO SEND YOUR BEST SCORES TO YOUR TEACHER

@BerkshireSGO

#stayinworkout

#stayhomestayactive

With thanks to  
**MNR Coaching**  
 for the  
 production of  
 this format and  
 video.

