

# Primary Multi Skill Festival

## SOUTH NORFOLK SSP

**Monday 22<sup>nd</sup> February 2021**

Hello Pathfinders, Adventurers and Navigators

I hope you all enjoyed a super half term holiday and are ready for some more Virtual School Games challenges. I know that you are all going to be brilliant at these multi skills challenges as they focus on skills that we practise many times in PE and that I know are important for your physical literacy and moving into playing any type of game.

Before you begin remember to complete a warm up in a safe space. What could you do this week? Here is an idea for you.

### Warm up

*Find 6 small pieces of paper and place them safely in the space around you. This could be on the floor or on top of things like the chair/sofa, if it is safe to do so. Find something to use as a piece of equipment. This could be a small ball if you have one, a soft toy or some rolled up socks. Hold your equipment in one hand, and move quickly to touch each piece of paper with your equipment in sequence. Try different variations of this:*

- *Number your pieces of paper and try the activity in order, then reverse order, then random order.*
- *Ask someone to call out a number and move quickly to touch it with your equipment.*
- *Add in two extra pieces of paper and challenge yourself further.*

There are four simple multi skills challenges to work on this week. You may need some help to set them up and find some equipment and they will need to be timed and recorded too. Please work on all four this week, beginning by watching the video which is available for three of the challenges. This will really help you to know what to do.

Try each in turn and keep a note of how many points you score. I have set up a separate sheet to put your practise scores on and then the final results table that you need to send to me. Your challenge this week is to keep beating your score as you practise and keep improving with each challenge. Try to think about these School Games values as you practise.



Determination is about the journey you go on to push yourself and achieve your dreams. Keep working every day to become the very best you can be. Don't hold back!



Giving it 100 percent. Putting your heart and soul into a challenge and never giving up. Passion makes you enter the race and passion makes you finish it.



You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

At the end of the week work out your best score for each challenge and add these four scores up to make your final score overall. Then send your Pupil Results Form to me in the usual way.

This is the last virtual challenge we will complete this term so well done everyone for all your efforts. Some new PE Home Learning will be available next week. Pathfinders sent in the most results before half term, so can they win again this week? Come on Adventurers & Navigators! I look forward to seeing all your results. I wonder which class will send in the most.

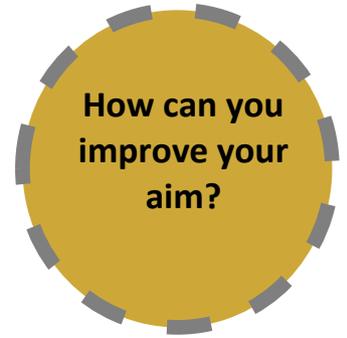
Take care and keep active everyone.

*Mrs Goldsmith*

# Station One- Target Hopscotch

## (one point)

Firstly watch this video - Video [Target Hopscotch - YouTube](#)



### Type of Skill

- Throwing, Hopping and Jumping

### Physical Component

- Strength

### Equipment

- Hopscotch markings
- Chalk
- Bean Bags/rolled up socks
- Stopwatch

### Instructions

- Use a playground hopscotch marking or design your own hopscotch board with chalk outside or use something like socks to make one inside. Ask an adult if you need help.
- Throw their bean bag/socks onto one of the spaces or numbers.
- Hopscotch to collect the bean bag.
- **1** point achieved once pupils return to the start.
- How many times can pupils complete the hopscotch course in 60 seconds?
- Allow pupils time to practice the skill so they have a chance to improve their personal best.



# Station Two- Jumping Frogs

## (two points)



### Type of Skill

- Throwing, jumping, and landing

### Physical Component

- Power

### Equipment

- Obstacles- cones, ladders, socks laid out, hoops, chalked lines on the ground for younger children.
- Stopwatch

### Instructions

- Mark out a start line and create 4 obstacles for children to jump over e.g. cones, ladders, socks laid out or chalked lines on the ground for younger children.
- Please ensure the obstacles are safe to jump over and are taped down if needed.
- When jumping always take off and land with two feet.
- Each time pupils return to the start they score **2** points.
- Once they have finished the course they run back to start line and repeat the course.
- How many times can pupils complete the jumping frogs course in 60 seconds?
- Allow pupils time to practice the skill so they have a chance to improve their personal best.



# Station Three- Agility Obstacles (three points)



Firstly watch this video - Video [Agility Obstacles - YouTube](#)

## Type of Skill

- Running, twisting, and lunging

## Physical Component

- Agility and speed

## Equipment

- Cones or anything you have at home to use including rolled up socks!
- Stopwatch

## Instructions

- Place 8 cones/markers in a 'T' Shape all cones/markers at the top of the 'T' need to be a different colour.
- Cones/markers should be approximately 1m apart.
- You will need someone to call out a colour for you.
- You leave the starting position performing side steps in and out of the cones to the colour cone called.
- Return to the start cone.
- As soon as you return your helper will call a different colour and the process is repeated.
- How many times can pupils complete the agility obstacle course in 60 seconds?
- Score **3** points every time you touch a cone and return to the starting point.
- Allow pupils time to practice the skill so they have a chance to improve their personal best.



# Station four - Animal Walk 4 points



Firstly watch this video – Video [Animal Walks - YouTube](#)

## Type of Skill

- Crawling and bending

## Physical Component

- Strength

## Equipment

- Cones
- Stopwatch
- Hoop
- Ball
- Bean bags, rolled socks or teddies

## Instructions

- Pupils move on hands and feet like animals whilst retrieving items from a target area 5m away.
- Pupils will score **4** points for every item that is collected.
- You can use hoops, cones, skipping rope to mark out the area and equipment such as balls, bean bags, socks, teddies for items that need collecting.
- How many items can pupils collect in 60 seconds?
- Allow pupils time to practice the skill so they have a chance to improve their personal best.