



Sport	Bob Run Sports
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Challenge 1 Title	Bobsleigh Sprint
Challenge Description	<p>Place 2 chairs, back-to-back, 2 metres apart.</p> <p>Starting sat on one chair, run to the other as quickly as possible. Sit on the chair and straighten your legs in front of you and raise your arms above your head.</p> <p>Jump up, and run back to the first chair, repeating the action once you have sat on the chair.</p> <p>Continue this for 30 seconds, completing this as many times as possible. Count how many times you are seated with your arms and legs outstretched.</p>
Scoring	Count how many times you are seated with your arms and legs outstretched in 30 seconds .
Video Example	https://youtu.be/jQq4j6MD-Qc
Suggested Adaptations for Space/Equipment	If you haven't got access to chairs, you could place cushions on the floor, or place markers to sit beside.
Adaptation for Inclusivity	<p>If you have mobility issues slow down the pace- walk and take care when moving from one chair to the other.</p> <p>For wheelchair users replace the chairs with markers and position your chair in place where the markers are.</p>
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Running in alternate directions each time will make sure that you don't get dizzy 2. Take short, quick steps to keep your balance 3. Use your core to lift you up off of the chair 4. Some upbeat music can help keep you motivated. "Feel the rhythm! Feel the rhyme! Get on up, it's bobsleigh time!"

Submit your scores at www.sussexschoolgames.co.uk before midday (12pm) on Friday.



Challenge 2 Title	Bobsleigh Push-Off
Challenge Description	<p>Bobsleigh is all about the finest of margins, and a quick start can be the difference between an average run and a gold medal.</p> <p>In a press up position, raise your left knee to your chest, and then your right knee, alternating legs. Count each time you raise a leg to your chest. These are called mountain climbers.</p> <p>Complete as many mountain climbers as you can in 60 seconds.</p>
Scoring	Complete as many mountain climbers as you can in 60 seconds . Count each time you raise a leg to your chest.
Video Example	https://youtu.be/dXL-6C_7U3c
Suggested Adaptations for Space/Equipment	This challenge requires limited space and no equipment.
Adaptation for Inclusivity	<p>Wheelchair users complete the mountain climbers by raising alternate arms and legs in your chair.</p> <p>If you have limited mobility, stand holding onto the back of a chair, bend your knees and raise them up. Count each knee raise.</p>
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Make sure your hands are a shoulders-width apart 2. Look straight down at the floor 3. Drive your knees up to your chest

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Challenge 3 Title	Skeleton Bob
Challenge Description	<p>You are about to take on the Skeleton Bob; hurtling head-first, twisting and turning down the run.</p> <p>In a press up, or high plank position, drop your right hip down towards the floor, bending your right arm slightly. You should get your hip as close to the floor as you can without touching the floor.</p> <p>Return your starting position and repeat with your left hip.</p> <p>Continue this, completing as many times as you can in 60 seconds.</p> <p>Count every dip, so dropping your right hip and then your left hip would count as 2.</p>
Scoring	How many hip twists can you complete in 60 seconds ?
Video Example	https://youtu.be/YwbYZDclE-U
Suggested Adaptations for Space/Equipment	This challenge requires limited space and no equipment.
Adaptation for Inclusivity	This challenge can be completed in a wheelchair or seated, by dropping your shoulders as far down to the ground as possible. Remember you are not trying to touch the ground.
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Keep your core engaged 2. Keep your toes on the floor 3. Keep a straight back, with your bottom tucked in 4. Look straight down at the floor

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Challenge 4 Title	Luge Bob Balance
Challenge Description	<p>The Luge is completed by athletes travelling down the bobrun on their back, feet first.</p> <p>Lay on the floor on your back, with your arms by your side, and raise your legs, arms and shoulders off of the floor (a dish position)</p> <p>How long can you hold this position for?</p> <p>The clock starts when you raise your legs, arms and shoulders off of the floor, and stops when any of them touch the floor again.</p>
Scoring	<p>How long can you hold this position for?</p> <p>The clock starts when you raise your legs, arms and shoulders up off of the floor, and stops when any of them touch the floor again.</p> <p>Record your time in seconds, to the nearest whole second.</p>
Video Example	https://youtu.be/c0rCNiv1CYY
Suggested Adaptations for Space/Equipment	This challenge requires limited space and no equipment.
Adaptation for Inclusivity	This challenge can be completed seated, by raising your arms and/or legs from a seated position.
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Keep your core tensed 2. Keep your legs straight 3. Pull your arms in to your body 4. Keep your chin tucked in



Scorecard

Name	
School	
Year Group	
Sport	
Challenge 1 Score	
Challenge 2 Score	
Challenge 3 Score	
Challenge 4 Score	

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