



Sport	Ice Rink Sports
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Challenge 1 Title	Skater Squat Jumps
Challenge Description	<p>Stand with your feet a shoulders-width apart in a squat position, with your hands behind your back.</p> <p>Perform 5 downward squats, followed by 1 explosive jump in the air, keeping your hands behind your back at all times. Repeat this action as many times as you can. 5 squats to every 1 jump.</p> <p>How many sets can you do in 60 seconds?</p>
Scoring	<p>How many sets can you do in 60 seconds?</p> <p>Count each time you jump.</p>
Video Example	https://youtu.be/Um58qF99HLg
Suggested Adaptations for Space/Equipment	This challenge requires limited space and no equipment
Adaptation for Inclusivity	This challenge can be performed seated, touching your toes or knees for the downwards phase and reaching your arms above your head for the jump.
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Keep your back straight when squatting 2. Use your quadricep muscles for explosive power when jumping

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



Challenge 2 Title	Speed Skating
Challenge Description	<p>Start in a speed skating position, with your legs bent, leant forward with a straight back and with your arms behind your back.</p> <p>Extend one leg to the side and then extend it behind you. Then return to the starting position. Repeat this, alternating legs each time.</p> <p>How many times can you repeat the exercise in 30 seconds?</p>
Scoring	<p>How many times can you repeat the exercise in 30 seconds?</p> <p>Count every time you return to your starting position; so completing with your right leg is 1, then the left leg is 2 etc.</p>
Video Example	https://youtu.be/AAsRzSPttk
Suggested Adaptations for Space/Equipment	This challenge requires limited space and no equipment.
Adaptation for Inclusivity	If using a wheelchair, you can rotate your chair 90 degrees and back again for each extension, alternating sides.
Coaching Tips	<ol style="list-style-type: none"> 1. Keep your body weight over your standing foot to retain balance 2. Make sure you are in a stable position before you start 3. Get into a good rhythm- it's not all about the speed of the action but also about controlling your movement

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Challenge 3 Title	Skater Hops
Challenge Description	<p>Place 2 non-slipping markers on the ground, 4 footsteps apart.</p> <p>Standing on your right leg on the right-hand side of your right marker, hop across to the left-hand side of your left marker, landing on your left leg.</p> <p>Staying balanced on only your left leg, touch the ground beside your foot with your right hand.</p> <p>Hop back across to the right-hand marker, landing on your right foot and touching the ground with your left hand. Repeat as many times as possible.</p> <p>Remember to touch the ground with your opposite hand. You should always be standing on one leg.</p> <p>How many hops can you do in 30 seconds?</p>
Scoring	<p>How many hops can you do in 30 seconds?</p> <p>Count every time you touch the floor with your hand.</p>
Video Example	https://youtu.be/jSwTVSlyBPA
Suggested Adaptations for Space/Equipment	This challenge requires limited space, and any non-slipping object can be used as a marker.
Adaptation for Inclusivity	<p>A side-step can be used instead of a hop if necessary.</p> <p>This challenge can also be completed seated, by placing two raised objects either side of a chair and reaching to touch the objects, alternating sides each time.</p>
Coaching Points for Improvement	<ol style="list-style-type: none"> 1. Keep your hops steady and controlled. Control is more important than speed 2. Keep your knees bent to help control your landing and retain balance 3. Bend the knee of your non-standing leg slightly to help you retain balance when touching the ground

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Challenge 4 Title	Arabesque Balance
Challenge Description	<p>Stand on one leg, with your arms stretched wide out either side of you. Bend forward from your hips and stretch one leg out straight behind you. You should be aiming to have your shoulders, hips, and leg in a straight, horizontal line, parallel to the floor.</p> <p>How long can you hold this balance for?</p>
Scoring	<p>How long can you hold this balance for?</p> <p>The stopwatch starts when you are in position and stops when you lose the position.</p> <p>Record your time in seconds, to the nearest whole second.</p>
Video Example	https://youtu.be/j-Bq-ymX2NQ
Suggested Adaptations for Space/Equipment	This challenge requires limited space and no equipment.
Adaptation for Inclusivity	This challenge can be completed seated, reaching your arms out to each side. You could place a light weight in each hand.
Coaching Tips	<ol style="list-style-type: none"> 1. Make sure you are well balanced before you start 2. Your head is heavy, so make sure you keep it still throughout 3. Tense your muscles throughout, including your core, to lock your body into position



Scorecard

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

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