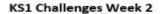
## WSSA Locality Fitness KS1 Challenge

At Lyndhurst we are part of the WSSA (Worthing School Sports Association) and they have set up weekly fitness challenges for children in local schools.

## This week's challenges are:





Run	Jump	Throw
Running for distance	Jumping for distance	Throwing for accuracy
Set out 2 markers 10M apart Start at one marker – run up to the other marker and back again as many times as you can in 1min	Lay out a line to jump from which can be a line/skipping rope and 3 other markers e.g. shoe at 1m, 1.50M and 2M  Stand still with both feet behind the line. Jump as far forward as you can land on both feet.	Place a T shirt on the ground And markers 1M, 2M and 3M apart. Stand at the closest marker to the T shirt and throw your scrunched -up socks at the T shirt 3 times. Each time you hit the target you score a point. Move, back to the next marker throw 3 times and then again at the last marker.
Teaching Point: Make sure you run at a steady pace.  Points awarded for the number of times you reach a marker.	Teaching Point: Make sure you bend your knees on take -off and landing. Points awarded jumping over different distances.	Teaching Point: Make sure you have your opposite foot forward to your throwing hand.
15 or more – 5points Between 10 and 14- 3 points Less than 10 – 1point	Over 1.5M – 5points Between 1.0M and 1.49M – 3points Under 1M - 1point	Record 1 point awarded for each successful throw on target.
Record your best score	Record your best score.	Maximum 9 points

## More information and videos to help available at:

https://wssape.weebly.com/ks1-challenges-summer-2020.html

You can input your results by following this link.

Can Lyndhurst get into the top 5 schools in Worthing?

Results need to be inputted by 12pm Friday 12th June.

Have fun!