

## 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:

### KS1 Challenges Week 2



Run	Jump	Throw
<b>Running for distance</b>  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  <b>Teaching Point:</b> Make sure you run at a steady pace.  Points awarded for the number of times you reach a marker.  15 or more – 5points Between 10 and 14- 3 points Less than 10 – 1point  <b>Record your best score</b>	<b>Jumping for distance</b>  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.  <b>Teaching Point:</b> Make sure you bend your knees on take-off and landing.  Points awarded jumping over different distances.  Over 1.5M – 5points Between 1.0M and 1.49M – 3points Under 1M - 1point  <b>Record your best score.</b>	<b>Throwing for accuracy</b>  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.  <b>Teaching Point:</b> Make sure you have your opposite foot forward to your throwing hand.  Record 1 point awarded for each successful throw on target.  <b>Maximum 9 points</b>

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 12<sup>th</sup> June.

Have fun!