

## WSSA Locality Fitness KS1 Challenge -Week 3

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 Summer 2020... x

Run	Jump	Throw
<b>Running over obstacles</b>  Set out 2 markers 10M apart. Lay 2 rolled up T shirts /cereal packets /toilet rolls on the ground between the markers to act as barriers.  Start at one marker and run over the 2 objects, round the marker and back over the objects again.  How quickly can you complete one lap?  <b>Teaching Point:</b> When jumping over the hurdles take off on one foot and land on the other.  Points awarded according to times.  Under 15 secs – 5points Between 16 and 20 seconds- 3points 20+ seconds – 1point  <b>Record your fastest time</b>	<b>Hopping for distance 3 consecutive hops</b>  Lay out a line to hop from – a line/skipping rope and 3 other markers e.g. shoe 1M, 2M and 3M along the side. Stand still behind the line. Hop 3 times in a row, hopping as far as you can each time.  <b>Teaching Point:</b> Make sure you bend your knees on take-off and landing  Points awarded for reaching different markers  Over 3M – 5points Between 2M and 3M – 3points Under 2M – 1point  <b>Record your furthest distance</b>	<b>Throwing and catching</b>  You will need a ball /scrunched up socks.  Throw the socks into the air above your head as many times as you can in a row without dropping it.  <b>Teaching Point:</b> Watch the ball/ socks carefully with your hands ready.  Points awarded for successive throws and catches.  10 or more 5 points Between 5 and 9 – 3points Under 5 – 1point.  <b>Record your highest score.</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 19<sup>th</sup> June. Have fun!