



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:

Movement	Throwing/catching	Using a bat/racket/hand
<p>Star side -step</p> <p>Mark out a square with cones/shoes/objects 2M from a marker in the middle of the square.</p>  <p>2M from the centre</p> <p>Start in the middle of the square. On "Go" run to one corner and then back to the middle, run to another corner then back to the middle. Repeat until you have visited all 4 corners and then back to the middle.</p> <p>Teaching Point: Try and make small fast steps.</p> <p>Points: 18 seconds or less - 5 points Between 19 and 24 – 3 points More than 25 Seconds</p>	<p>You will need a ball /scrunched up socks.</p> <p>Throw the socks into the air above your head, clap your hands as many times as you can before catching them again.</p> <p>Teaching Point: Watch the ball/socks carefully and have your hands ready as big as you can with the heels of your hands together.</p> <p>Points: 5 or more, 5 points 3-4 3 points 1-2 1 point</p>	<p>Set out 2 markers 10M apart. Evenly space out 3 more markers in between.</p>  <p>Start</p> <p>Balance a ball/socks on your bat/hand. Weave in and out of the cones around the top marker and back again. Repeat.</p> <p>Teaching point: Watch the ball carefully and keep your wrist firm.</p> <p>Points: 20 seconds or less -5 points 21 – 24 seconds – 3points 25 seconds or more – 1 point.</p>

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 26th June.

Have fun!