Virtual School Challenges
June 2020
LRS Virtual Sports Challenges

Whether you are at home or at school, it is important to be able to stay active as well as having the opportunity learn & develop new or existing sports skills.

These activity ideas and session plans are designed to cover a range of sports and skills that can be adapted to be undertaken in various different environments with different sized groups from Individual Challenges to Full Team Games.

As well as explanations of the activities, we have included helpful diagrams, links to websites and online videos with more information and examples of how the tasks and games work.

We hope you enjoy taking part!
Ball Sports
# Ball Sports

<table>
<thead>
<tr>
<th>Sport</th>
<th>Individual / HiFIVE Challenges (Home)</th>
<th>Small Group Challenges (Home or School)</th>
<th>Full Team Challenges (School)</th>
<th>Useful resources / links...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dodgeball</strong></td>
<td>HIFIVE - Ball&amp;Wall See link to LRS HIFIVE Challenges web page</td>
<td>1v1 Body Parts Game – see Session Plans</td>
<td>Play team game up to 6v6 See School Games format link</td>
<td>Sign into <a href="https://www.yourschoolgames.com">https://www.yourschoolgames.com</a> Resources &gt; Sport formats &gt; Search by Sport: &quot;Dodgeball&quot;</td>
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<td>2v2 normal dodgeball rules (or 2v2 Body Parts Game)</td>
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<td><a href="https://www.lrsport.org/hifive-challenges">https://www.lrsport.org/hifive-challenges</a></td>
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<td><strong>Basketball</strong></td>
<td>Target / Ball&amp;Wall See link to LRS HIFIVE Challenges web page</td>
<td>Speed Passing Stand a set distance from your partner and see how many times you can pass the ball back and forth in 30secs (Extension - how many different types of pass can you do?)</td>
<td>Play team game up to 5v5 See School Games format link</td>
<td>Sign into <a href="https://www.yourschoolgames.com">https://www.yourschoolgames.com</a> Resources &gt; Sport formats &gt; Search by Sport: &quot;Basketball&quot;</td>
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<td>Speed Dribbling Set yourself a distance and see how many times you can dribble the ball over that distance in 30secs (Extension - try to use BOTH hands)</td>
<td>Shoot-Out Game see YouTube link</td>
<td>EndBall – see Session Plans</td>
<td><a href="https://www.lrsport.org/hifive-challenges">https://www.lrsport.org/hifive-challenges</a></td>
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<td>30sec Set Shot Challenge Set yourself a distance from the basket / target. How many times can you score through the basket / hit your target in 30secs?</td>
<td>1v1 / 2v2 games - both teams attacking one basket / target</td>
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<td>Shoot-Out</td>
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<td><a href="https://www.youtube.com/watch?v=tjsSPqQ4Nn4">https://www.youtube.com/watch?v=tjsSPqQ4Nn4</a></td>
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Summer Sports
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<td><strong>Tennis</strong></td>
<td>Bat&amp;Ball See link to LRS HiFIVE Challenges web page</td>
<td>Wall Ball You and your partner take it in turns to hit the ball against the wall. How long can you keep the ball going?</td>
<td>Singles / Doubles matches See School Games format link Encourage pupils to be Scorekeepers/Umpires for each other</td>
<td>Sign into <a href="https://www.yourschoolgames.com">https://www.yourschoolgames.com</a> Resources &gt; Sport formats &gt; Search by Sport: &quot;Tennis&quot;&lt;br&gt;<a href="https://www.lrsport.org/hifive-challenges">https://www.lrsport.org/hifive-challenges</a>&lt;br&gt;Keepy Uppies &amp; Solo Rallies&lt;br&gt;<a href="https://twitter.com/lslssp/status/1249623755040739329">https://twitter.com/lslssp/status/1249623755040739329</a>&lt;br&gt;Adapted Tennis&lt;br&gt;<a href="https://twitter.com/lslssp/status/1251042127842291712">https://twitter.com/lslssp/status/1251042127842291712</a>&lt;br&gt;Lots more great ideas &amp; challenges at <a href="https://www.lta.org.uk/play-compete/ltayouth/tennis-at-home/#">https://www.lta.org.uk/play-compete/ltayouth/tennis-at-home/#</a></td>
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<td>Extend to Bat, Ball &amp; Wall See Ball&amp;Wall challenge via HiFIVE link but instead of throwing and catching, try hitting the ball off the wall with your bat / racquet (No bat / racquet? - Use the palm of your hand)</td>
<td>Singles / Doubles matches Set up a net or barrier to split the area / court in half and play against the person(s) on the other side (If you don't have tennis equipment, you could use hands &amp; hit a beach ball or balloon instead)</td>
<td>RunAround – see Session Plans Catch Them Out – see Session plans Plus - LSLLP Adapted Tennis Ideas - see LSLSSP twitter link</td>
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<td>Keepy Uppies &amp; Solo Rallies See LSLSSP twitter link</td>
<td>Adapted Tennis See LSLSSP twitter link</td>
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<td><strong>Cricket</strong></td>
<td>Bat&amp;Ball adaptation - use a cricket bat See link to LRS HiFIVE Challenges web page</td>
<td>Non-Stop Cricket - one batter - see Session Plans French Cricket – see Session Plans ScatterBall – see Session Plans</td>
<td>Up to 6v6 or 8v8 pairs cricket See School Games format link Or play single batsman ScatterBall – see Session Plans</td>
<td>Sign into <a href="https://www.yourschoolgames.com">https://www.yourschoolgames.com</a> Resources &gt; Sport formats &gt; Search by Sport: &quot;Cricket&quot;&lt;br&gt;<a href="https://www.lrsport.org/hifive-challenges">https://www.lrsport.org/hifive-challenges</a></td>
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<td>Target Bowling Challenge – see Session Plans</td>
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Athletics
## Athletics

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| **Athletics** | SpeedBounce / Target  
See link to LRS HiFIVE Challenges web page  
Standing Long Jump  
See link to Sportshall Athletics SLJ YouTube video  
or LRS HiFIVE Challenges web page  
You can use a tape measure instead  
World Record Challenges – see Session Plans | Use Individual and Team Challenges but compete against each other or try to beat your own personal best score | SLJ  
See video link  
Javelin  
See video link  
A ball could be used instead of a javelin (different sizes for each Key Stage)  
Playground sprint  
How long does it take you to sprint a full length of your playground?  
Playground laps  
How many laps of the playground can you do in a set time? | Sign into https://www.yourschoolgames.com Resources > Sport formats > Search by Sport: "Athletics"  
https://www.lrsport.org/hifive-challenges  
Sportshall Athletics SLJ  
https://www.youtube.com/watch?v=hoirCTr8wi4  
Sportshall Athletics Javelin  
https://www.youtube.com/watch?v=1geEDaQ5CG8 |
Inclusive Sports
# Inclusive Sports

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| Boccia               | **Boccia Target**<br>Set a target (jack) and from a seated position, see how close you can throw your "balls" to it. You can used balled up socks if you don't have balls you can use<br>See link to LRS HiFIVE Challenges | **1v1 / 2v2 Closest to the Target Game**<br>As with "Target" game but 2-4 players play in teams against each other with different coloured "balls" - Closest to the "jack" wins | **Play team game up to 6v6**<br>See School Games format link | Sign into https://www.yourschoolgames.com Resources > Sport formats > Search by Sport: "Boccia"
https://twitter.com/lsllssp/status/1247068247360503808
https://www.lrsport.org/hifive-challenges |
| New Age Kurling      | **New Age Kurling Target**<br>Set a target (house) and see how close you can roll or push, roll or slide your "stones" to it. Again, you can innovate and use something like balled up socks or food tins as "stones"<br>See link to LRS HiFIVE Challenges | **1v1 / 2v2 Closest to the Target Game**<br>As with "Target" game but 2-4 players play in teams against each other with different coloured "stones" - Closest to the "house" wins | **Play team game up to 6v6**<br>See School Games format link | Sign into https://www.yourschoolgames.com Resources > Sport formats > Search by Sport: "New Age Kurling"
https://twitter.com/lsllssp/status/1247800879438155776
https://www.lrsport.org/hifive-challenges |
HiFIVE/Individual Challenges
Cricket: Target Bowling Challenge

Set yourself a distance to bowl from
Set up a target (wickets) to aim at
Put some additional items (Eg: cones or markers if you have them) in front and around your “wickets”

How many points can you score in an over of bowling (6 bowls)?

**Points:**
- Hit the “wickets” = 6pts
- Hit one of your other items = 4pts

**Progression:** *If you hit one of the items in front of the wickets, remove it so you have less to aim at next time you bowl*
Long & Triple Jump

Measure out the distance for the following World Records *(You might need a tape measure for this!)*

**Long Jump** - Men: 8.95m (Mike Powell in 1991) & Women: 7.52m (Galina Chistyakova in 1988)

**Triple Jump** - Men: 18.29m (Jonathan Edwards in 1995) & Women: 15.50m (Inessa Kravets in 1995)

See how many standing long jumps it takes you to cover those distances. *(See YouTube link for how to do a Standing Long Jump)*

100m

Can you run as fast as you can on the spot for the same length of time it took Usain Bolt (9.58secs in 2009) & Florence Griffith-Joyner (10.49secs in 1988) to set their respective 100m World Records?
Small Group Challenges
Dodgeball: Body Parts Game (1v1 or 2v2)

Set yourself an area to play in & split it in half – you are only allowed in your half of the playing area.

Choose balls / items that won’t hurt when they hit people. Perhaps beach balls, sponge balls or rolled up socks…

All players start with 3 “lives”

Each time you get hit (head-shots DON’T count) you lose a “life”

- **Life 1** – you can now only use ONE hand / arm
- **Life 2** – you have to play with ONE of your knees on the floor
- **Life 3** – you have to play with BOTH knees on the floor

If you get hit at any stage in Life 3, you are out!

**Progression**: If you (or your team mate if playing 2v2) catches a ball thrown by the other team then you get a life back and your opponent loses one!
Cricket: Non-stop Cricket (one batter)

Set yourself a distance for the bowler to bowl from

*Bowler can only bowl the ball when they are in the Bowling Box*

Set up two markers for the batter to run to *(approx. ½ the distance the bowler is bowling from)*

The batter MUST run EVERY time the ball is bowled, whether they hit it or not

How many runs can you score before you are out? *(To the marker and back = 1 run)*

**Batter is out when...**

Bowler hits the wickets with one of the balls bowled

Bowler *(or any fielders you have)* catch a ball you have hit before it hits the ground
Cricket: Scatterball

Same area set up as Non-Stop Cricket

The bowler bowls a set number of balls for the batter to hit, one after the other

The bowler (and any fielders) cannot move from their starting positions until the final ball is hit

The batter must then try to score as many runs as possible before all of the balls have been collected and are back in the Bowling Box

Repeat above process again and see how many runs can you score before you are out? (To the marker and back = 1 run)

**Batter is out when...**

Bowler hits the wickets with one of the balls bowled

Bowler (or any fielders you have) catch a ball you have hit before it hits the ground (without moving to catch it!)

**ADAPTATION** – This game can be played with equipment other than cricket (EG: tennis) or the “batter” can simply throw or kick the balls rather than having them bowled at them
Cricket: French Cricket

Batter stands with both legs together and holds the bat in front of them

Choose a ball that will not hurt if it hits the batter’s legs (Eg: sponge)

The bowler bowls the first ball from 10-15 paces away from the batter (All balls should be bowled UNDER arm)

The bowler is aiming to hit the batter’s legs (wickets) – The batter is aiming to bat the ball away without letting it hit their legs.

After that, all balls are bowled from wherever the ball lands or the bowler / fielders can stop it

If the batter is facing a ball bowled from behind them, they must twist the top half of their body but keep their feet facing in the original direction*

*This rule can be left out if players are struggling with it and they can turn around fully to face each ball straight on

The batter gets 1 point every time they face a bowl that doesn’t hit their legs

How many points can you score before you are out?

**Batter is out when...**

Bowler hits the batter’s legs (wickets) with one of the balls bowled

Bowler (or any fielders you have) catch a ball you have hit before it hits the ground
Full Team Challenges
Basketball: EndBall

Pick 2 teams and set up a playing area with an “End Zone” at each end

Each team puts one of their players in one of the end zones (The “Target Player” can move wherever they want within the end zone but are not allowed out and other players cannot go in)

Teams must try to pass the ball between them to get it to their Target Player who catches it in the end zone without it hitting the ground

If they do this, they score 1 point, the player who passed the ball to the Target Player swaps places with them and the ball goes to the other team

Players CANNOT move when they have the ball (but they can pivot)

The opposition can only intercept the ball, not knock it out of players hands

**Progression(s):**

*Allow limited dribbling (Eg: 3 bounces)*

*A team must play a certain number of passes before they can score*
Set a court up with a "net" / barrier splitting the area in half

Half of the group line up at each end of the playing area

One player starts the rally by hitting the ball over the net towards the other player who tries to return it

After each player plays their shot, they run around the RIGHT side of the net to join the back of the line at the other end

Players continue the rally for as long as possible – **1 bounce only on each side of the net**

Players have 3 “lives” and every time you miss a shot, hit the ball out of the court area or into the net you lose a “life”

Once you have lost all 3 “lives” you are out of the game

Last player to lose all of their “lives” wins!

**Progression(s):**

*If players are struggling, allow more than one bounce per side of the net*

**TEAMS** – Players join the back of their own line and the game is “**BLUE**” v “**RED**”
Set a court up with a "net" / barrier splitting the area in half
Most of the group line up at one end of the court, racquets at the ready
On the other side of the net there is a SERVER and 2 CATCHERS (More if you want!)

*The SERVER will need a supply of balls*

The SERVER serves the ball to the first player who must try to hit it over the net and land it within the court area

*If they manage this, they stay in the game and join the back of the line*

*If one of the CATCHERS manages to catch the ball before it hits the ground, the player that hit the shot puts their racquet down at the side of the court and join the CATCHERS*

SERVER serves the ball to the next player and so on...

Last player left with their racquet wins! *(The longer the game goes on, the more catchers you get, the harder it is for the players playing the shots)*

**Progression:**

*If a CATCHER catches a ball, they take the place of the player that hit the shot*

(This way you only ever have the same number of CATCHERS and the game can continue indefinitely with no out and out "winner"
For more information & resources, visit
www.lrsport.org/healthyathome

Plus lots of other ideas at:
www.yorkshiresport.org/get-active/thisispe

https://www.youthsporttrust.org/free-home-learning-resources-0

https://www.youthsporttrust.org/top-sportsability

(Lead inclusion code: YSTINCLUSION23)