

SEND YOUR RESULTS TO YOUR TEACHER



# MARTIAL ARTS

KS2

## TEACHER GUIDANCE

### THE CHALLENGES

Challenge One- **Side Kicks**

Challenge Two- **Shuffle Punches**

Challenge Three- **Core Twists**

### Equipment (based on class of 30 working in pairs)

Timer - stopwatch, watch or phone

1 Stopwatch

30 x markers

15 medium sized balls e.g football or netball or plastic bottles

### Implementation

**In school-** Either show the videos to your pupils or demonstrate each challenge to them. Allow pupils to practise, before asking them, or their partner to count their scores.

**Home Learning/Participation-** send the challenge sheet (contains links to videos) home or direct parents /pupils to our [website](#) where they can find these challenges and video links.

### Score Collation

**In school-** Collect the **best** score of each pupil on the paper **scoresheet** provided or input directly onto the excel **spreadsheet**. Scores taken on the paper scoresheet will need to be transferred to the excel spreadsheet.

**Home Learning/Participation-** To collate scores from pupils at home either ask them to send them to you, post the provided scoresheet on your online learning platform, create a personalised spreadsheet and send the url link or create your own Google form. [Further guidance can be found here](#).

This excel spreadsheet is kept by the school and not submitted. Inclusion of pupils' names is optional but can be useful for you to review school rewards and personal best achievement. The excel spreadsheet will collate the scores and provide you with an **average score** for each class in the **yellow section**. The **excel spreadsheet** allows six classes to be completed with a class size of up to 35. Additional spreadsheets can be used if required. The [excel spreadsheet](#) can be found here and the [paper scoresheet here](#).

### On Line Scoresheet

The **average scores** from the yellow boxes of the excel spreadsheet should be submitted **online**. The deadline for submission is **12 March 2021**. Please [click here to submit your average scores](#).

### Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

**"I would prefer to fail with honour than win by cheating" - Sophocles**



Virtual  
SCHOOL  
GAMES