**Berkshire Virtual School Games**

Week Five – Olympic Challenges – KS1, 2 & 3

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

**KS1** - Years 1 & 2 - Level 1

**KS2** - Years 3, 4, 5 & 6 - Level 2

**KS3** - Years 7, 8 & 9 - Level 3

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**CHALLENGE ONE: VOLLEYBALL  BALL MASTERY**

**What you will need?**

- Volleyball – or football or large ball equivalent
- Markers x 2 – or cans, socks, tins, or plastic bottles
- Chalk x 1 – tape or blu-tack
- Wall Space – away from windows and doors.
- Stopwatch – If not a Phone or a watch or an iPad.

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**Level 1 (KS1 Scoring)**

NB: “Dig” - hold your hands together with your thumbs flat together. Propel the ball into the air (both hands must be used).

- Mark a scoring square 2 paces by 2 paces.
- Stand in the square.
- Using a large ball, or equivalent, place the ball on your arms and allow the ball to slide onto your thumbs. Attempt to “dig” the volleyball up in the air and allow to drop into the target zone.
- The ball must go upwards and land in the target zone to be a successful attempt.
- 1 point scored for every successful attempt.
- You have 60 seconds to complete as many successful attempts as possible.
- KS1 do not forget to record your best score!

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**Level 2 (KS2 Scoring)**

- Mark a scoring square 2 paces by 2 paces.
- Stand in the square.
- Using a large ball, or equivalent, place the ball on your arms and allow the ball to slide onto your thumbs. Attempt to “dig” the volleyball up in the air and allow to drop into the target zone.
- The ball must go upwards and land in the target zone to be a successful attempt.
- 1 point scored for every successful attempt.
- You have 60 seconds to complete as many successful attempts as possible.
- KS2 do not forget to record your best score!

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**Level 3 (KS3 Scoring)**

- On a wall mark a line (net) 2 metres up from the floor.
- Mark a line 2 paces from the wall as your starting point.
- Attempt to “dig” the volleyball into the air, towards the wall and above the line.
- You must dig the ball over the marked line on the wall and catch the ball to score a point.
- Should the ball hit the floor the rally must reset to zero.
- The highest number of continuous digs going over the net and being caught will be the total for the practice.
- You have 60 seconds record your highest score
- KS3 do not forget to record your best score!

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**LAYOUT**

**If I need support...**

- Increase the size of the landing area
- Move closer to the wall target
- Lower the net line

**If I need a challenge...**

- Decrease the size of the landing area
- Move further away from the wall
- Raise the net line

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**End of the Challenge**

- Send in your best scores to your teacher.
## Challenge Two: Fencing

### Footwork + Balance

### What you will need?
- **Foil** – If not a Cricket Stump or Cricket bat or tennis racket or wooden spoon or frying pan.
- **2 x Markers** – Cones or Socks or cans or plastic cups.
- **1 x Ball** – If not bean bag or Sock balls or tin foil ball or paper ball.
- **Chalk** – If not tape or blu-tack
- **Stopwatch** – If not a Phone or a watch or an iPad.

### Level 1 (KS1 Scoring)
- Using the 2 markers, place them 5 paces apart.
- Start at 1 marker in the “En-garde (on guard)” position with your ‘foil’ ready.
- On “Allez (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2nd marker (see video).
- Once you have reached the 2nd marker ‘lunge’ to attack before reversing defensively to you starting marker.
- 1 point is scored each time you make a lunge attack.
- You have 60 seconds to score as many points as possible.
- **KS1 do not forget to record your best score!**

### Level 2 (KS2 Scoring)
- Using the 2 markers, place them 5 paces apart with the 2nd marker being 1m from a clear wall space.
- Create a scoring zone on the wall space using tape, chalk, (or blu-tack) approximately the size of a torso/body (scoring area in Fencing).
- Start at 1 marker in the “En-garde (on guard)” position with your ‘foil’ ready.
- On “Allez (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2nd marker (see video).
- Once you have reached the 2nd marker ‘lunge’ to attack the scoring zone with your foil before reversing defensively to the starting marker.
- 1 point is scored each time you make a lunge attack and contact the target with your foil.
- You have 60 seconds to score as many points as possible.
- **KS2 do not forget to record your best score!**

### Level 3 (KS3 Scoring)
- Using the 2 markers, place them 5 paces apart.
- Balance an item on your foil (rolled socks or bean bag).
- Start at 1 marker in the “En-garde (on guard)” position with your ‘foil’ out in front of you.
- On “Allez (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2nd marker.
- Once you have reached the 2nd marker carefully ‘lunge’ to attack before reversing defensively to the starting marker (see video).
- 1 point is scored each time you make a lunge attack.
- If you drop the object you are balancing start counting from zero.
- You have 60 seconds to score as many points as possible.
- **KS3 do not forget to record your best score!**

### Layout

<table>
<thead>
<tr>
<th>En-garde position</th>
<th>En-garde position</th>
<th>En-garde position</th>
</tr>
</thead>
</table>

### If I Need Support...
- Reduce the distance.
- Use a heavier object to balance on the ‘foil’.
- Use a ‘foil’ with a larger surface area.

### If I Need a Challenge...
- Increase the distance.
- Use a lighter/livelier object to balance on the ‘foil’.
- Use a ‘foil’ with a smaller surface area.
CHALLENGE THREE: MODERN BIATHLON

What you will need?

Household Objects x 3 – Small balls, socks rolled up
Markers x 2 – Tins, cans, plastic cups can be used as well
Chalk – Tape or Blu-Tack
Wall Space - away from windows and doors.
Stopwatch – If not a Phone or a watch or an iPad.

<table>
<thead>
<tr>
<th>Level 1 (KS1 Scoring)</th>
<th>Level 2 (KS2 Scoring)</th>
<th>Level 3 (KS3 Scoring)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Set out 2 x markers, 5 paces apart and 2 paces from the wall.</td>
<td>• Set out 2 x markers, 5 paces apart and a wall 2 paces from the end of the running zone.</td>
<td>• Set out 2 x markers, 5 paces apart and a wall 2 paces from the end of the running zone.</td>
</tr>
<tr>
<td>• Draw (or blu-tack) a large square 1m x 1m on the wall.</td>
<td>• Draw (or blu-tack) a circle (roughly the size of a large dinner plate) on the wall.</td>
<td>• Draw (or blu-tack) a small circle (roughly the size of a small plate) on the wall.</td>
</tr>
<tr>
<td>• Set out your 3 x household items next to the markers furthest from the wall target.</td>
<td>• Place 3 objects to shoot next to the marker nearest the wall (2 paces away).</td>
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</tr>
<tr>
<td>• Pick up the three household objects and run to the second marker before ‘shooting’ (aiming and throwing each object overarm) at the target on the wall.</td>
<td>• Start at the end nearest the wall with the targets and complete 4 x shuttle runs before ‘shooting’ each of the objects with an overarm throw at the large circle.</td>
<td>• Start at the end nearest the wall with the targets and complete 4 x shuttle runs before ‘shooting’ each of the objects with an overarm throw at the small circle.</td>
</tr>
<tr>
<td>• You score 1 point for every successful throw (shot) that hits the wall target.</td>
<td>• 1 point for each successful shot that hits the circle.</td>
<td>• 1 point for each successful shot that hits the small circle.</td>
</tr>
<tr>
<td>• Collect the objects and run back to 1st marker and repeat.</td>
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<td>• You will have 60 seconds to score as many points as possible.</td>
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<td>• KS1 do not forget to record your best score!</td>
<td>• KS2 do not forget to record your best score!</td>
<td>• KS3 do not forget to record your best score!</td>
</tr>
</tbody>
</table>

Layout

If I Need Support...

• Decrease the running distance
• Make the target on the wall larger

If I Need a Challenge...

• Increase the running distance
• Make the target on the wall smaller

Enjoy your challenges and do your best
Don’t forget to send your best scores to your teacher

@BerkshireSGO #stayinworkout #stayhome stayactive

With thanks to MNR Coaching for the production of this format and video.