



# West Norwich & Dereham SSP PE & School Support

## ***THE WNDSSP 'A-B-C' CHAMPIONSHIPS***

Are you & your pupils ready to take part in the first ever West Norwich & Dereham SSP 'A-B-C' Championships?!?

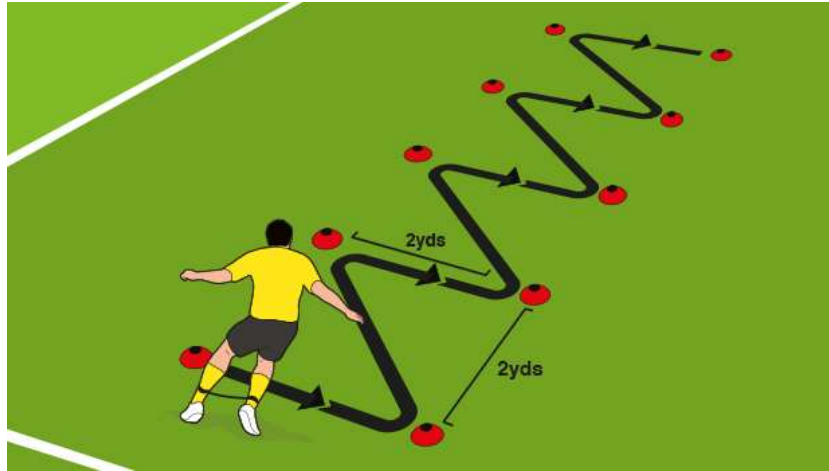
This virtual competition will consist of 3 events in Agility, Balance & Co-ordination for all pupils in Primary Schools to take part in

There are 3 boys & 3 girls in a team who must all come from the same Year Group. Everyone in the Team will complete all 3 challenges, with the six individual scores added together to create a 'Team Score' which will count towards their Championship standing!

The top 3 teams in each Year Group will all be rewarded, with the overall winning Teams picking up a special prize!



## CHALLENGE 1 – AGILITY



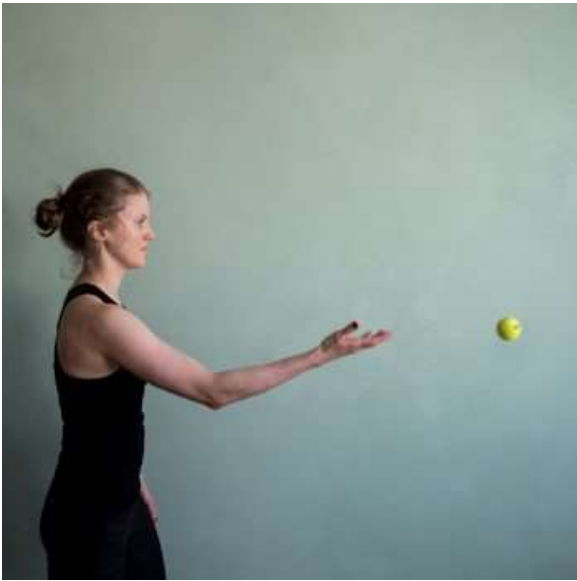
- Position the cones in two lines (as shown above)
- Children have 30 seconds to **touch** as many cones as possible with their foot – **each touch of a cone is worth 1 point**
- Once the pupil has completed the 'grid' they can then turn around & work back through it until the time is up!
- At the end of 30 seconds the number of cones they touched with their foot is their final score

## CHALLENGE 2 – BALANCE



- Pupils to take up 'Stork' position as shown (picture left)
- They then score **1 point for every second** they can hold the position, **up to a maximum of 30 seconds (30 points)**
- Challenge is over at 30 seconds **OR** when raised foot touches the floor

## CHALLENGE 3 – CO-ORDINATION



- Pupils to stand **2 metres away** from a wall with tennis ball in hand
- Pupils have **60 seconds** to **throw the ball at the wall & catch the return** as many times as possible
- Pupils score **1 point for each successful catch** in the time-frame
- If the ball is dropped, it can be picked up & **the challenge continues until the time runs out**

### SUBMITTING THE SCORES

Once all 6 members of the team have each completed their 3 A-B-C challenges please add up their scores to get one Team 'total'. This Team Total can then be added on the WNDSSP website ([www.wndssp.co.uk](http://www.wndssp.co.uk)) under the 'challenges' tab. Please encourage the Children to name their Teams (appropriately!) and Teams can enter as many times as they wish up until the deadline of Friday, December 18<sup>th</sup>.

The challenge Leaderboard will be able to view on the website and the final standings will be announced in the first week of the Spring Term (w/c Jan 4<sup>th</sup>)

Whilst we don't need any video evidence it would be lovely to see some and use it on our socials – please send any participation videos to Matt at [wndssp@yahoo.co.uk](mailto:wndssp@yahoo.co.uk)

### SUPPORT

WNDSSP staff will be on hand throughout the Challenge to support in any way we can. We will be releasing various videos as well as offering a range of support to help Schools in the delivery of the Challenges. Of course, please do contact us if you have any questions or queries at any time.