



PRIMARY

LEADERSHIP

THIS RESOURCE HAS BEEN PRODUCED
USING RESOURCES AND IDEAS FROM

[Stockton School Sports Partnership](#)

RESOURCE PRODUCED
IN PARTNERSHIP WITH



EAST RIDING SSP (WEST)
hosted by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP

GET AHEAD
PARTNERSHIP
EDUCATION. SPORT. WELLBEING



PRIMARY

LEADERSHIP

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

North East
Lincolnshire



Hosted by the Oasis Academy Wintringham

CHALLENGE ONE

! Physical literacy/skills

Activity overview

Design a trick shot

Equipment needed

- ✓ Items from around your house, use your creativity

School Games value



CHALLENGE TWO

! Personal Challenge

Activity overview

Design an Obstacle Course

Equipment needed

- ✓ Items from around your house, use your creativity

School Games value



CHALLENGE THREE

! Problem solving

Activity overview

Create a fun dance routine

Equipment needed

- ✓ Some lively music

School Games value



CHALLENGE FOUR

! Problem solving

Activity overview

Inclusive Scavenger Hunt

Equipment needed

- ✓ Paper
- ✓ Pen

School Games value



CHALLENGE FIVE

! Personal Challenge

Activity overview

Personal Best Challenge

Equipment needed

- ✓ Your thinking cap
- ✓ Pen and Paper
- ✓ Some Equipment

School Games Value

For you to decide!

PRIMARY

LEADERSHIP

CHALLENGE ONE



60mins



Physical Literacy/Skills



ACTIVITY

Design a trick shot

- Can you create a trick shot that you can use to challenge your family or friends?
- Using items you have at home, can you create and possibly film a trick shot you can challenge people to complete.
- It needs to be tricky, so people may have to try a few times before they are able to complete it.
- Can you challenge 5 people, and could they then challenge another 5 and so on?

LEAD OTHERS

Before showing everyone your trick shot, have a think about these key points. As a leader, remember it important that everyone has fun.

So, think of how you'll.....

- How is best to communicate what you want people to do in your trick shot?
- Are the rules clear?
- Do you need a scoring system?
- How will you know when people have completed your challenge?
- How will you make it easier, if someone finds it tricky?
- How will you make it harder, if someone finds it too easy?
- Will everyone have the same items at their house?

EQUIPMENT NEEDED

Some items you have at home

Ideas - Things like socks, toilet rolls, teddies, saucepans are great as balls or targets



How can you demonstrate determination throughout this challenge?

STEP is a useful acronym to go through, it will allow you to think of how you can adapt your Challenge so everyone can take part

Space

Can you change the space by making the area bigger or smaller or changing the distance moving closer or further away?

Task

Can you change the rules of the activity, the number of times it need to be completed, or length of time to complete the task.

Equipment

Can you change the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment

People

Can you change people involved, does everyone do on their own or with a partner?

PRIMARY

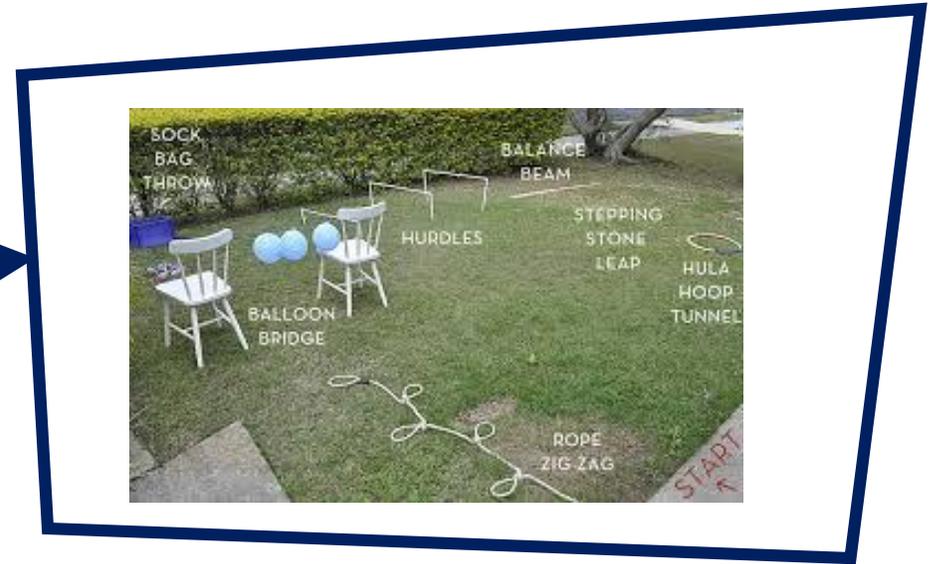
LEADERSHIP

CHALLENGE TWO



60mins

! Personal Challenge



ACTIVITY

Design an Obstacle Course

- Can you create a obstacle course at home for your family to complete?
- The course should be planned in a safe clear place at home, inside or outside
- Don't forget you will need a clear start and finish.
- Make sure you ask your parents or carers before moving or using things around the house.

LEAD OTHERS

Before showing everyone your course, have a think about these key points. As a leader, remember it important that everyone has fun.

So, think of how you'll.....

- How is best to communicate what you want people to do in your Obstacle course?
- Are the rules clear?
- Is it safe? Can you explain where the risks are?
- How will you know when people have completed your challenge?
- How can you encourage your family as they complete the course?

EQUIPMENT NEEDED

Some items you have at home, get creative can you make obstacles too?



How can you demonstrate determination throughout this challenge?

STEP is a useful acronym to go through, it will allow you to think of how you can adapt your Challenge so everyone can take part

Space

Can you change the space by making the area bigger or smaller or changing the distance moving closer or further away?

Task

Can you change the rules of the activity, the number of times it need to be completed, or length of time to complete the task.

Equipment

Can you change the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment

People

Can you change people involved, does everyone do n their own or can they do it with a partner or team?

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CHALLENGE THREE



60mins

! Problem solving



ACTIVITY

Create a Dance Routine

- Pick your favorite, catchy song and develop a dance routine
- Think about how you will teach other members of your family the routine
- Will you use repeating parts and props?

LEAD OTHERS

Before showing everyone your dance, have a think about these key points. As a leader, remember it important that everyone has fun.

So, think of how you'll.....

- How is best to communicate what you want people to do in your dance?
- Are the moves clear?
- Is it safe? Can you explain where the risks are?
- How can you encourage your family as they complete the dance?
- What categories could you award prizes for?

STEP is a useful acronym to go through, it will allow you to think of how you can adapt your Challenge so everyone can take part

Space

Can you change the space by making the area bigger or smaller or changing the distance moving closer or further away?

Task

Can you change the routine, the number of times the same part needs to be completed, or length of time of the dance

Equipment

Do you need any equipment or props?

People

Can you change people involved, with a partner, bigger groups, so people can do different parts?

EQUIPMENT NEEDED

Just yourself, but you could use a few props if you have them
Something to play you song on



How can you demonstrate passion throughout this challenge?

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CHALLENGE FOUR



60mins

Problem Solving



SCAVENGER HUNT

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> MAILBOX | <input type="checkbox"/> PAW PRINT |
| <input type="checkbox"/> YELLOW HOUSE | <input type="checkbox"/> SKATEBOARD |
| <input type="checkbox"/> ROSES | <input type="checkbox"/> SINGING BIRD |
| <input type="checkbox"/> DOG | <input type="checkbox"/> A FAMILY |
| <input type="checkbox"/> STROLLER | <input type="checkbox"/> BLUE CAR |
| <input type="checkbox"/> FENCE | <input type="checkbox"/> A FLAG |
| <input type="checkbox"/> TALLEST TREE | <input type="checkbox"/> SPRINKLERS |
| <input type="checkbox"/> A RED DOOR | <input type="checkbox"/> BICYCLE |
| <input type="checkbox"/> CLOUDS | <input type="checkbox"/> A PACKAGE |
| <input type="checkbox"/> MOTORCYCLE | <input type="checkbox"/> DELIVERY TRUCK |

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ACTIVITY

- Can you develop an inclusive scavenger hunt?
- Think about how someone with limited mobility (movement skills) might be included.
- What would the restrictions or limitations be in your home or at school?
- Can you develop a hunt based on colours or the alphabet?
- Will everyone collect everything on the list, or work in teams like a relay?

LEAD OTHERS

Before showing everyone your hunt, have a think about these key points. As a leader, remember it important that everyone has fun. So, think of how you'll.....

- How is best to communicate what you want people to collect?
- Is it safe? Can you explain where the risks are?
- How can you encourage your family as they complete the scavenger hunt?

EQUIPMENT NEEDED

Some pen and paper, some good ideas of categories what people could find inside or outside the house



How can you demonstrate respect throughout this challenge?

STEP is a useful acronym to go through, it will allow you to think of how you can adapt your Challenge so everyone can take part

Space

Can you change the space by making the area bigger or smaller or changing the distance moving closer or further away?

Task

Can you change the rules of the activity, the number of times it need to be completed, or length of time to complete the task.

Equipment

Can you change the level/height of things that need to be found, or the amount of or the arrangement of the things to find

People

Can you change people involved, with a partner, or in a small group.

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FRIDAY FUN



30mins

North East
Lincolnshire



Hosted by the Oasis Academy Wintringham

! Personal Best

ACTIVITY

Plan a PERSONAL BEST challenge for when you're back at school.

1. Design a Challenge that doesn't need very much equipment.

- It needs to be simple to understand and do.
- It should not take longer than a couple of minutes for each person to complete.
- Some examples could be:

How many times can you bounce and catch a ball in 30 seconds?

How many times can you hop on 1 leg in 30 seconds?

- But come up with your own.

2. Write the rules, maybe with pictures on one side of A4.

3. You'll need to decide who will do the challenges, one class or the whole school, will everyone be able to do it?

4. As the activity is around personal best, what rewards would you like the most improved young person to receive?

5. Can you devise a way of recording everyone's scores?

6. Which School Games value would you like everyone to demonstrate during your challenge?

EQUIPMENT NEEDED

Pen, Paper or a computer to write down your challenge

Some equipment to practice your challenge.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.