

Sporting Superstars Go For Gold Challenge – Week 12

Every week we will be setting a physical activity challenge to all of the young people in Nottingham.

The Sporting Superstars Go For Gold Challenge will invite you to have a go at the weekly challenge, video yourself having a go then upload your effort onto twitter, tag your tweet with the weekly hashtag.

When you have completed 2 weekly challenges you will be awarded a BRONZE WRISTBAND

When you have completed 5 weekly challenges you will be awarded a SILVER WRISTBAND

When you have completed 8 weekly challenges you will be awarded a GOLD WRISTBAND

#ssnskittles



Aim of the challenge: To knock down the skittles as quickly as you can!

How to play: This weeks challenge is a target skills challenge involving knocking down skittles.

First you need to get 6 objects that can be your skittles. They need to be made of plastic, or something that won't break, so plastic cups or plastic bottles would be ideal.

Set up your 6 skittles on the floor in a 1, 2, 3 formation like in the photo opposite. Each skittle needs to be about 10cm from other skittles. Set the skittles up just in front of a wall or door so the ball doesn't run off!

Next take a couple of strides away from the skittles and this will be your shooting line. Put something down on the floor to mark where you shoot from. On the start of the stop watch roll your ball towards the skittles and try and knock them over. Then collect the ball and go back to your marker and shoot again to knock over any remaining skittles. Once they are all knocked over, stop the watch and see what your time is!

WATCH THE VIDEO EXAMPLE – [CLICK HERE](#)

How to score: See how long it takes you to knock over all the skittles, then see if you can beat it!

How to record and submit your results: Count your scores and upload your entry to twitter (along with the video where possible), providing the following information.

Name: First Name, Last Initial

School:

Year Group / Class:

Initial Time:

Best Time:

Remember to tag your tweet with **#ssnskittles** and **@SchoolSportNot1**

If you don't have access to twitter you can still play simply email your results to n.robb@ellisguilford.nottingham.sch.uk

How will the awards work?: School Sport Nottingham will keep a record of your Sporting Superstars Go For Gold Challenges and will be getting all of the wristbands awarded once you are back at school. There will also be weekly Sporting Superstar Gold Medals awarded for special and creative efforts!!