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## This week's sport is... Gym & Fitness

This week's Specsavers 'Virtual' Sussex School Games sport is a hybrid of **gymnastics and fitness**, with challenges to test your balance, strength and skill repetition. Complete all four challenges and log your top scores. There are some suggested adaptations below, along with some coaching tips.

Practice and improve, and log your best scores on [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk) by **midday 12pm on Friday 22 May**. Good luck!

**SUBMIT YOUR  
SCORE**

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### Challenge 1: Wall Sit

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### **Challenge Description**

Stand with your back flat against a wall, bend your knees and slide your back down the wall until your knees are at a 90 degree angle, as if you are sat on an invisible chair.

**How long** can you hold this position?

### **Scoring**

The stopwatch is started as soon as you are in position, and is stopped when your knees are no longer at a 90 degree angle.

**1 point for each full 5 seconds held.**

**How long** can you hold this position for?

### **Suggested Adaptations for Space/Equipment**

You don't need any special equipment or space for this challenge.

### **Adaptations for Inclusivity**

In a seated position, raise your legs until they are straight out in front of you and see how long you can keep that position.

This can also be performed by raising the arms instead of the legs.

### Coaching Tips

1. Keep your heels on the floor, your head up and your back straight to strengthen your position
  2. Tensing your abdominal muscles (tummy muscles) will help keep you stable
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### Challenge 2: Stork Stand



### Challenge Description

Remove your shoes and place your hands on your hips. Standing on one leg, position the non-supporting foot against the inside knee of the supporting leg.

Raise your heel to balance on the ball of your foot.

**How long** can you hold this balance for?

### Scoring

The stopwatch is started as the heel is raised from the floor. The stopwatch is stopped if any of the following occur:

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- your hands come off of your hips
- your supporting foot swivels or moves (hops) in any direction
- your non-supporting foot loses contact with your knee
- the heel of your supporting foot touches the floor

**Record your longest time to the nearest whole second.**

### **Suggested Adaptations for Space/Equipment**

You don't need any special equipment or space for this challenge.

### **Adaptations for Inclusivity**

In a seated position take a rolled-up pair of socks, extend your arm straight out in front of you and balance the socks on the back (not the palm) of your hand.

### **Coaching Tips**

1. Get yourself set and balanced before raising your heel to start the challenge
2. Focus on a fixed point straight ahead of you
3. Your head is heavy, so try to keep your head in line with your body and supporting leg

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### **Challenge 3: Dish & Dome**

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### Challenge Description

This is a test of core strength and skill repetition.

Lie flat on the floor on your back, with your legs and arms stretched out (arms above your head), raise your arms and legs around 30cm off the floor so that you are in a 'dish' balance.

Twist to one side so that you roll over onto your stomach, keeping your arms and legs 30cm from the floor at all times. **This is one transition.**

Now, reverse the movement so that you roll from your stomach onto your back, still keeping your arms and legs 30cm off of the floor. **This is your second transition.**

Repeat these movements as many times as you can. How many transitions can you do in **30 seconds?**

### Scoring

Count each successful transition, from dish to dome OR dome to dish. So, a transition from dish to dome, and then back to dish, would count as two points.

If the position is lost and either a hand or foot touches the floor, then the clock stops and it is the end of the challenge.

How many transitions can you do in **30 seconds?**

### **Suggested Adaptations for Space/Equipment**

This can be performed indoors or outdoors in a safe space.

### **Adaptations for Inclusivity**

This challenge can be done in a wheelchair, by rotating the chair 180 degrees to complete a transition.

### **Coaching Tips**

1. Tense your abdominal muscles (tummy muscles)
  2. Try not to put your chin on your chest – imagine you're holding an orange under your chin
  3. Good body control is more important than speed
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### **Challenge 4: Around the World**

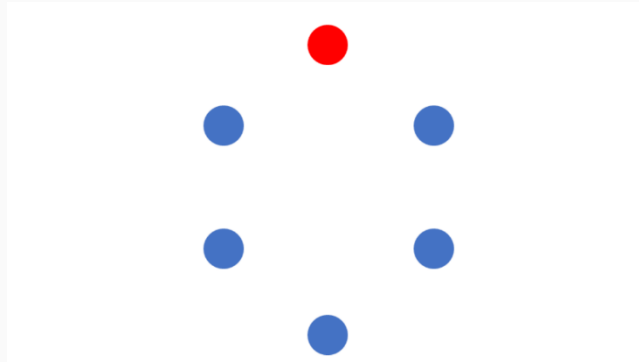


### **Challenge Description**

To set up the challenge, you will need 6 toilet rolls, small cones, or objects of a similar size. Set up the challenge as per the diagram below. To determine the distances, go through the

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steps of the challenge below ensuring that you can only just reach each object with a straightened leg and pointed toe, without losing balance.



Stand in the middle of the hexagon facing forwards (towards the red object on the diagram). Place your hands on your hips, raise one leg, straighten it and point your toes to touch the object in front of you.

Repeat this, touching all 6 objects in the hexagon in turn. You must always stay facing forwards and must not put your non-standing foot on the floor.

Once you have successfully **touched all 6 objects (a circuit)**, repeat standing on the other leg. Continue this pattern until you have run out of time.

How many **circuits** can you complete in **60 seconds**?

### Scoring

The stopwatch starts when your non-standing foot leaves the floor. The stopwatch stops and the challenge is over if:

- Your non-standing foot touches the floor (this includes it touching your standing foot)
- Your supporting foot swivels or moves (hops) in any direction
- Your hands come off of your hips.

How many circuits can you complete in **60 seconds**?

### Suggested Adaptations for Space/Equipment

Any object of a similar size to a toilet roll will do for this challenge.

### Adaptations for Inclusivity

This challenge can be done seated, sat on the floor in the middle of the circle and reaching to touch the objects with your fingertips, making sure that your bottom is always touching the floor.

## Coaching Points

1. Focus on a fixed point straight ahead of you
  2. Your head is heavy, so try to keep your head in line with your body and supporting leg
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## This week's Training Prize is... Determination

Every week we have a **£50 Amazon voucher** to give away, to somebody training hard and displaying the characteristics of a top athlete.

This week's training prize is for **Determination**. This is not only an essential part of sport, but it is also an important life skill. Determination is crucial to help develop your sporting ability because it gives you the motivation and desire to improve and achieve your goals. Every elite athlete or sports person is determined, it is what makes them train hard and give 100% no matter what!

This week's challenges will be physically demanding and you will need to show determination to keep going and achieve your personal best. Think how you can demonstrate determination in your training drawing, photo or video! Can you share in your training what determination means to you and how it has helped you complete this week's challenges?

Share your training pictures and videos on Facebook, Twitter, Instagram or TikTok with the hashtag **#SussexSchGames** for your chance to win.

*Note: Please ensure that you are following the rules when it comes to age restrictions on social media. Photos/Videos must be shared from an appropriate account. It is strongly advised that content is shared from a parent/carer's account, or from a school account with parental permission. Photos/Videos from underage accounts will not be eligible for this prize.*

*Deadline: 12pm on 22 May. The winner will be selected at random from posts across the platforms.*

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## What's the Specsavers 'Virtual' Sussex School Games all about?

For all of the key information, including the calendar of 'virtual' sports taking place, please [click here](#).

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