

LUTON SCHOOL GAMES VIRTUAL CALENDAR



SKIPPING

- Each skipper has 30 seconds to complete as many skips as they can.
- Try to encourage children to have more than one attempt and to set a challenge to beat their personal best.

FOOTBALL

Target Race

- Use your dribbling skills to travel around the area and reach as many targets (cones) as you can.
- 1 point for each target reached in one minute.
- Please refer to [Play Football - The FA SuperKicks - Get Involved | The Football Association](#) – search for ‘Target Race’.

First Time Finishing

- Can you score with your first touch?
- Roll the ball away from you and shoot with your first touch before the ball stops.
- 1 point for each goal scored in one minute.
- Please refer to [Play Football - The FA SuperKicks - Get Involved | The Football Association](#) – search for ‘First Time Finishing’.

BOCCIA

- Each player has 6 balls.
- Players roll a ball (one at a time) along the line to hit the target.
- Record score after all 6 balls thrown
- Points are scored as followed:
 - 1 point for releasing the ball
 - 2 points for successfully rolling the ball along the line
 - 3 points for rolling along the line and hitting the target.

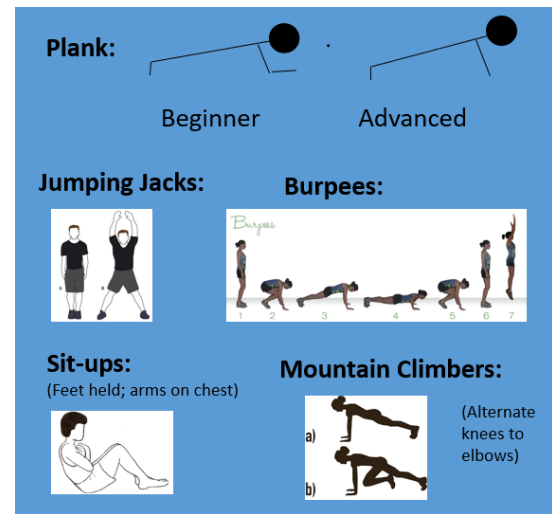
DANCE

- Pupils should choose their own style, music and choreography to create their own unique dance and film their performance.
- Choose a style of dance and music
- Choreograph your own dance routine.
- Each routine must be between 1 minute and 1 minute 30 seconds.
- Film your best attempt.

FITNESS

There are 5 challenges to complete:

- Plank
 - Jumping Jacks
 - Burpees
 - Sit ups
 - Mountain climbers
- Perform each exercise for 30 seconds.
 - Record the number of reps completed for each exercise.
 - For the plank, record the total time held for.
 - Using the score sheet, record scores at 3 different dates:
 - 22nd January
 - 19th February
 - 10th March



BASKETBALL

- Challenge 1 – How many times can a player pass the basketball around their own waist in 30 seconds
- Challenge 2 – How many times can a player continuously bounce the ball (using 1 hand) in 30 seconds
- Challenge 3 - Each player has 30 seconds to score as many baskets as they can from a set distance (please see below).
- A point will be awarded for Years 1- 4 if the player hits the hoop but does not go in.

Key Stage	Distance	Points	
		Basket	Hit Hoop
KS1	2m	2	1
KS2	3m	2	1 (year 3&4 only)