

NAME OF CHALLENGE – ATHLETICS



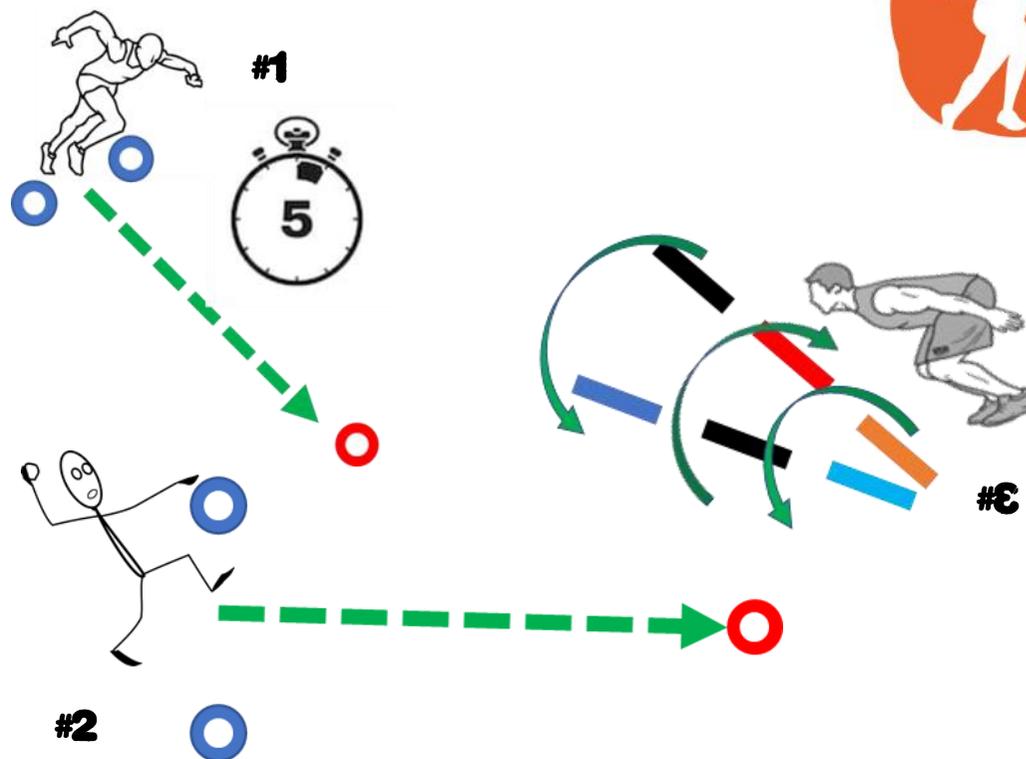
CHALLENGE

These challenges give you a taste of three different activities that would make up a school athletics competition:

- #1 Run—how far can you run in a set time?
- #2 Throw—how far can you throw a small item?
- #3 Jump—how far can you jump?

The aim with each activity is to compete against yourself in order to improve your 'personal best' scores. Practice the challenges first—consider how you can improve and try again.

Safety note—please make sure you have enough space to perform these activities.



EQUIPMENT

- A space big and safe enough for each activity
- #1 Chalk marks or two markers of any kind for your start and finish (which can be as simple as a coin or stone), a watch, stopwatch or phone to time your challenge
- #2 A pair of socks or a ball if you have enough space, some method of measuring BUT this doesn't need to be a tape measure if you can't find one - you could use paces, steps, feet, socks, or anything—as long as you measure in the same way each time!
- #3 Socks to mark out your stream, chalk or a marker of any kind to make a mark of how far you get along the stream

HOW TO PLAY

#1 Run

Ask someone you live with to time you running for 5 seconds—place a marker where you get up to and try to improve your technique in to help you gain a personal best (for example—run on the front part of your feet with your arms in opposition to your legs and your head high).

#2 Throw

Throw a pair of rolled up socks as far as you can and mark where they land. Try different techniques to see which helps you throw the furthest (for example underarm, overarm, push, roll).

#3 Jump

Make a big 'V' shape on the floor with your socks. Start at the thin end of the 'V' and jump from one side to the other using a two-footed standing jump until you can go no further. Mark your position. Go back to the start and experiment with the position/ action of your arms/legs/body/head to try to go further and achieve your personal best.

INCLUSIVE

#1—If using a standard wheelchair see how far you can push yourself in 5 seconds, if using an electric wheelchair how far can you reach with one flick of your control. Users of other walking supports (sticks, crutches, frames etc) can follow the plan to achieve their personal best

#2 - Consider throwing with your less dominant arm to challenge yourself. If throwing is restricted try to roll/drop the ball as far as possible

#3—If jumping is restricted try stepping, pushing/gliding (wheelchair users) or a flick of your control (electric wheelchair users)

SPIRIT OF THE GAMES

VALUES

HONESTY

For recording your score accurately



SELF BELIEF

Improve your technique, believe in yourself and achieve your personal best!



Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

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