

## Inclusion Winter Activity Challenges

The following 5 Intra school challenges can be used to support your students to get active in school these can be completed at any time and are not PE specific the aim is to give you ideas to support your young people to be active every day and help to support the delivery of 60 active minutes

There is no need to submit any scores to us but we would appreciate if you would share your thoughts on how you have found the challenges, what went well and what could make them better.

If you can share any photographic evidence of your students that you are happy to be up loaded on our social media channels we would be delighted. Please send your photos to your area SGO.

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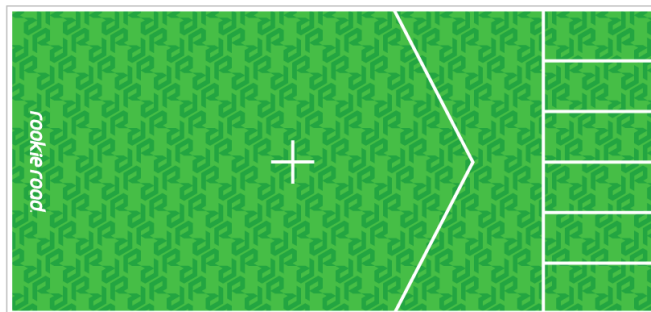
**GOOD LUCK & HAVE FUN**



## Challenge 1: Boccia “Snowball Blast”

### Getting started

- Position a hoop, or mark a circle, between the V line and the back of the court.
- Place a beach ball (or similar lightweight ball) in the hoop/circle.
- Players take turns to propel boccia balls in order to knock the beach ball out of the hoop/circle; one point is awarded to the player/team for each successful hit.
- The team with the most points after an agreed number of ‘ends’ (rounds where everyone plays one ball) wins!

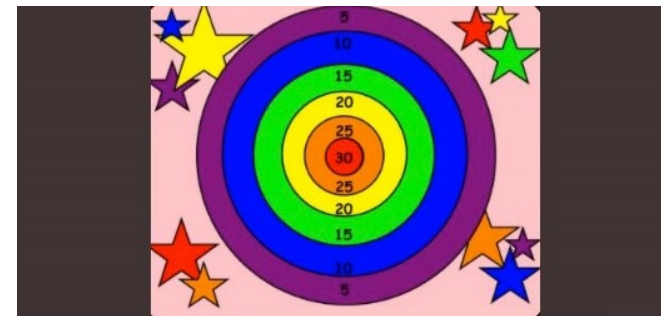


**Boccia Court**

## Challenge 2: Boccia “In the scoring zone”

### Getting started

- Use a large floor target or mark a target on the floor between the V line and the back of the court



- Each player in the team is given the same number of balls and their top three scores are added together.
- Add all the individual team scores together to get the team total.

If you need to borrow a Boccia set please contact your

## Challenge 3: Everybody Dance Now!

Group size: To suit your school music optional

- Routines can use any dance style. There is no limitation to the number of styles that are used within each routine.
- Routines to be inspired by Winter Olympic sports or activities eg skating, skiing, snow balling
- Routines should be between 2 1/2 and 4 minutes long.
- Routines can be performed in any suitable space, e.g. sportshall, school hall or studio



The following scoring system is for guidance only so that you could possibly have a performance competition amongst year groups and if you would like your SGO to come in and judge please contact them directly

- Scoring: The judging criteria: Use the following points system with the total points available 30

Guidance for the points system is as follows:

- 1 - 2 = Needs work
  - 3 - 4 = Fair
  - 5 - 6 = Good
  - 7 - 8 = Very good

### CATEGORY 1 The idea (10 marks)

- Originality
- Innovation

### CATEGORY 1 The movements (10marks)

- Use of different actions such as travelling, jumping, turning and gestures.
- Use of different dynamics such as force, speed and flow.
- Use of space such as level, directions and formations.

### CATEGORY 3 The performance (10 marks)

- Focus
- Enthusiasm
- Theatrics
- Timing

**Challenge 4: “Independent Active Travel” by foot, scooter, balance bike, wheelchair or any other means**

Winter weather permitting please complete this challenge outside

Each student to travel any distance in a specific time eg 15 minutes then to challenge themselves to go travel further the next time in the same time.

This activity to be repeated over days or weeks.

Set the time element to support their daily 60 active minutes.

**Challenge 5: “Santa Dash” this is a National School Games Event taking place on Friday 10<sup>th</sup> December 2021**



Get your Christmas jumpers & hats on and get involved  
Please send photos to your SGO

**GOOD LUCK**