

Star of the Week

Sophie Hankin



Sophie Hankin (born 15 March 1995) a semi-professional Netball player, personal fitness instructor and Netball Coach. She went to school at Barnes Farm Infant and Junior school and Great Baddow Sports College, here in Chelmsford. She is a talented sports player and played Basketball and Netball for her school, achieving National Champion status in both sports. She is a semi-professional Netball player her position is Goal attack. She has played for Brookshaw Stuart, Conquerors, Billericay, Mavericks Youth, Mavericks Seniors, New Cambell, Team Northumbria, Oaksway Netball Club and Surrey Storm.

How many players in
A netball Team ? Can you name
the different positions ?

Netball is an invasion game.
Can you name other sports
that are also invasion games and
have attackers and defenders?

There are three thirds on a netball court and two shooting semi circles. Players are allowed in certain areas of the court, but not all. See if you can watch Sophie in a game of Netball on the TV and work out which areas of the court a Goal Attack is allowed in. Draw a netball court and label the positions with arrows showing which areas of the court each player may go in.

Family Games

Sock wars KS1 AND 2

Activity one

Attack vs defence

The defender tucks a sock into the waist band of their shorts or trousers. The attacker is aiming to grab the sock while the defender is trying to avoid that from happening. Before you begin, clear a safe playing space making sure it is free from obstructions, hazardous objects and sharp corners. When defending use quick changes of direction to dodge attacks. When attacking encourage children to keep their eye on the target and to use explosive lunging movements to grab the sock. When children are becoming more confident move on to our second activity, one on one.

Activity two -

One on one

In this game players both players place two socks into their waistband, one on each hip. The aim is to be the first person to remove both of your opponents' socks. Children will now need to think about protecting their own socks at the same time as attacking to grab their opponents. To make the challenge easier or harder vary the number or length of socks, only allow one hand to be used or even restrict the movement of one player perhaps make them play from their knees.

Activity three -

Teddy collect Place five teddies at each end of the playing area. Each player will need two socks tucked into their waistband. Taking it in turns each player will attack their opponent's areas to grab a teddy and return it to their own end. Only one teddy can be taken at one time. If the defender manages to grab a sock from the attacker at any time during their attempt at attack, the teddy needs to be returned to its original position. It is then player two's turn. The objective is to collect all the teddies at your own end. Remember to use your body position, your explosive speed and your quick changes in direction but most of all have fun.

Differentiation

Space - play in a smaller area, have a safe zone

Task - change the rules, you have to jump, hop?

Equipment - play with a smaller sock,

People - if you have more players than 2, have 2 attackers

Click on the link to see the game in action

https://www.youtube.com/watch?v=TUA9CqMxl8k&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=16&t=0s

Throw and Catch games KS2

Activity one

The first task is to catch the large object - the large pillow case filled with socks. Push, straight into your hands. Keep your eye on the object at all times. Once you have managed that, we are going to start throwing to the side. Try each side and challenge your child by passing higher up. Let's see if you can clap before you catch the object.

Activity two

We are looking at using the smaller object, the rolled-up socks. Instead of having our hands facing up with our thumbs together, we are going to bring our little fingers round to make a nest. Once the object has landed in the nest we are going to bring it up to our chest. Remember, nest to chest. Can you try side-to-side? Can you add a clap before you catch?

Activity three

Looking at our one-handed catch. You need to make a large nest with one hand where the object can land, then take the nest to chest.

Activity four Now we have mastered the skill, it's time to put it into a game of catch tennis. One point for every catch, and one point when your opponent drops it. All you need is an ironing board or a chair. Keep count of your own score.

Differentiation

Space Change the distance between each other

Task Throw to the side of the player to make it harder to reach - Start with your hands behind your back

Equipment - Size of the ball/equipment -

People - bring in a defender or a scorer.

Click here to see it in action

<https://www.youtube.com/watch?v=NDZhgrmogA>

Cross the River

Home Physical Education

Can you work out a method for successfully crossing the river

How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the challenge and cross the river without touching the floor!



If you fall in, can you keep trying to cross successfully?

Top Tips

Place the Pillows

Place the pillows down on the floor. If you throw them you may over stretch and fall in.

Let's Reflect

What was the best method for crossing the river?

How did you feel when you crossed successfully?

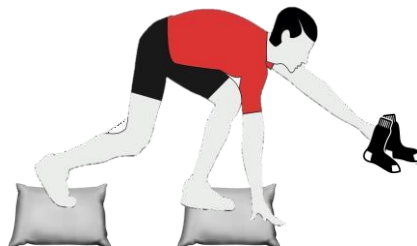
Save the Treasure

Home Physical Education

Can you play by the rules and if you touch the floor start again?

How to play:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor, picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that shoe = 1 point and socks = 2 points. How many points can you score?



Can you keep trying to think of the best ways to use the objects to move?

Top Tips

Do not carry too much treasure in one go!

If you carry too much treasure then you risk falling and losing your treasure.

Let's Reflect

What tactic did you use for collecting treasure?

How did you use your two objects to move around safely and efficiently?

Balance Time

Home Physical Education

Can you keep trying to improve your performance?

How to play:

- How many different body parts can you balance on?
- Can you balance on your back and tummy? What do you do with your arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite 3 balances. Can you add them together to make a sequence. Perform your sequence to someone else. What do they think?



Can you be creative and try out a variety of different balances using different body parts?

Top Tips

Be Still!

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

Let's Reflect

Can you hold your balances still?

If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of putting your sequence together?

Jumping Dice

Home Physical Education

Can you encourage others to keep going?

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:



Roll a 1 = Perform 20 star jumps

Roll a 2 = Perform 20 tuck jumps

Roll a 3 = Perform 20 pencil jumps

Roll a 4 = Perform 20 jumps with a ½ turn

Roll a 5 = Perform 20 jumps with a full turn

Roll a 6 = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.

Can you keep trying even if you feel tired?

Top Tips

Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?



YOUTH
SPORT
TRUST



Believing in
every child's
future

Skills Challenge

Basketball Dribbling

This weeks skills challenge is all about dribbling a ball, if you have a basketball then great but if not don't worry any ball will do even a tennis ball will work.

We have broken the skill down into different stages, work your way through the stages and see if you can get to our final stage.

Stage 1

Drop and Catch the ball.

Tip: catch the ball just as it's on its way back down.

Stage 2

Drop, push and catch

Tip: Just like before push the ball as just as it starts to make its way down back to the ground. You can use 1 or 2 hands when pushing the ball

Stage 3

Drop, push , push , catch (now only using 1 hand when pushing the ball)

Tip: remember the power comes from your wrist when pushing the ball

Stage 4

Continuous Dribble. Can you now dribble the ball around with out losing control, try and go from side to side and backwards.

Tip: Don't bounce the ball to hard as it will make it hard to control.

Stage 5

Can you now try and dribble the ball through your legs or around your back.

Tip: When bouncing the ball through your legs make sure you push it past your center point to make sure it doesn't hit your legs on the way through.

Check out our attempts on our twitter page @ChelmsfordSsp

Fitness Challenge

Are you the next Joe Wicks? This week we want to see you create your own fitness circuit.

KS1 - Can you do 6 exercises 30 seconds working with 30 seconds rest between them. Try to complete your circuit twice.

Yr3/4 - Can you do 8 exercises 30 seconds working with 30 seconds rest between them. Try to complete your circuit twice.

Yr5/6 - Can you do 10 exercises 30 seconds working with 30 seconds rest between them. Try to complete your circuit twice.

Challenges

If you find this challenge too easy, change the exercises or the amount of exercises you do in each circuit.

The next few pages are full of ideas and demonstrations on different exercises you can put into your circuit.

Sit Ups



Start laying on you back, legs bent and hands behind your head.



Use your tummy muscles to pull yourself up towards your knees.

Push Ups



Get into an all fours position



Bend at your arms trying to keep your back straight and not bend at the hips.

High Knees



Start with one knee up level with your hip.



Swap knees over, try to keep opposite arms pumping to legs.

Squats



Start with your legs shoulder width apart and arms out in front.

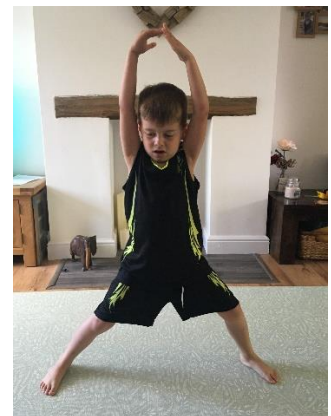


Keeping your arms out bend at the knee till your bottom is knee high.

Jumping Jacks



Start in a standing position like a soldier



Jump into an arrow position and back again.

Mountain Climbers



Start in a press up position but with one knee up to your elbow.



Then swap the legs over with the other knee now bent/straight

Step Ups



Start with one foot on a step the other off.



Jump up and swap foot on the step

Plank



Hold press up position remember we want your back and legs to be in a straight line.

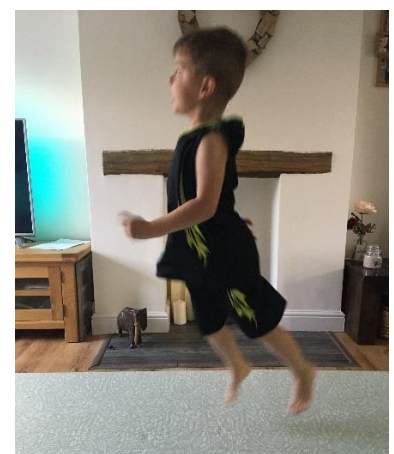
Burpees



Start in press up position



Lift both knees up to chest



Jump in the air

Triceps Dips



Start with the heel of your hands on a step, legs out in front slightly bent.



Push up with your arms.



You can now follow the Chelmsford SSP on Twitter @ChelmsfordSsp where we will add videos linked to the weekly challenges.

Don't forget to use the Legacy Chart to record the values you have shown this week. Write the date beside the values.

Good Luck everyone.