



WEST NORFOLK SSP



PERSONAL CHALLENGES

SPRINTING CHALLENGE

Who for?

Year 7 & 8

Where?

Adaptable to all areas Indoors or outdoors

Equipment needed

Cones to mark 10m running zone
Stopwatch

Sports Leadership

Think about how pupils could be used to help staff run the competition.

What roles could they help with?

- Activity set up
- Recording scores

COVID-19 Safety

The SSP Personal Challenges should be completed in accordance with your schools COVID-19 PE policy.

School Games Values

During each of the challenges pupils are challenged to demonstrate the School Games values;

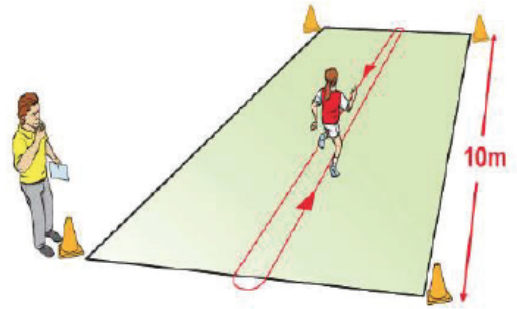
- **Determination** - Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!
- **Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- **Respect** - Respect for the referee, for the opposition, for your teammates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, for every sport and everyone.
- **Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
- **Self Belief** - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.
- **Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Challenge 1 – Shuttle Runs

Instructions

- Pupils begin from standing start behind start line
- On a whistle, the stop watch is started and pupils run 10m to the set of cones opposite
- Pupils must place one foot over the line before turning and running in the opposite direction
- Pupils must complete the distance ten times (10 x 10m). The stopwatch is stopped when the pupil re crosses the start line.
- Record how long each pupil took to complete the distance in seconds on the class results sheet (times recorded to the tenth of a second e.g. 32.4 seconds).



Resources & images courtesy of sportshall.org

Achieve Gold

30 secs



Achieve Silver

35 secs



Achieve Bronze

40 secs



SSP Challenge – how quickly can you complete 10x10m sprints?