



**SAINT JAMES'**

Church of England School

# Intra School Sport Competition

## Autumn 1

### BOUNCE CHALLENGE

Children must bounce the ball as many times as they can in 30 seconds.

Rules:

- Must use the same hand to bounce the ball with.
- Ball must bounce up to at least waist height to score.

## Spring 1

### SPEED BOUNCE CHALLENGE

Children must speed bounce as many times as they can in 30 seconds.

Rules:

- Must jump with feet together over the line.
- Both feet must land at the same time.

## Summer 1

### OVERARM THROW CHALLENGE

Children should throw a ball overarm as far as possible from the designated line.

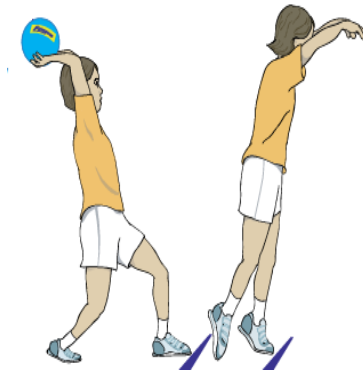
KS1 - Sponge Football

KS2 - Basketball

Rules:



- Children to throw one at a time and wait for instruction to collect.
- Children to throw overhead using both hands.



## Autumn 2

### SPRING JUMP CHALLENGE

Children must jump from a line, to a distance in front of them with feet together.

- Record the children's distance from the start line to where they land.  
(Heel of foot)



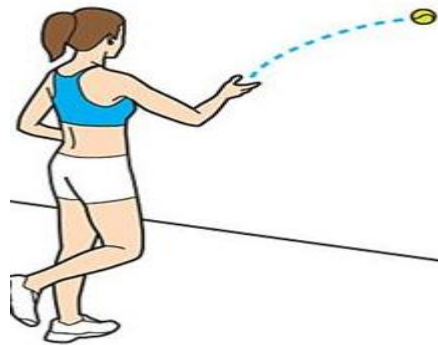
## Spring 2

### THROW WALL CATCH CHALLENGE

Children to throw tennis ball against the wall from a set distance as many times as they can in 30 seconds.

Rules:

- Children can step forward to catch the ball but them must return to behind the line.
- Children can catch the ball in either hand.



## Summer 2

### TIMED SPRINT CHALLENGE

Children to run a designated length depending on year group. Children to be timed how long their sprint takes.

Rules:

- Start at the line.
- Only go when you are instructed to.



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