



<b>Sport</b>	Snow Sports
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<b>Challenge 1 Title</b>	Snowboarder's Switch
<b>Challenge Description</b>	<p>Stand in a snowboarding stance, with your feet shoulders width apart, and your knees slightly bent. Imagine that your left foot is at the front of a snowboard, leading you down the slopes. In snowboarding, this is known as a 'Regular' stance.</p> <p>Jump and rotate 180 degrees, so you are facing in the opposite direction. Your right foot will now be at the front of your imaginary snowboard, leading you down the slopes. This is known as a 'Goofy' stance.</p> <p><b>How many times can you switch</b> from Regular to Goofy and visa-versa in <b>30 seconds</b>? <b>Count every time you jump.</b></p> <p>Make sure that you complete the full 180 degree rotation each time.</p>
<b>Scoring</b>	<b>How many times can you switch</b> from Regular to Goofy and visa-versa in <b>30 seconds</b> ? <b>Count every time you jump.</b>
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	You need a limited amount of space, and no equipment for this challenge.
<b>Adaptation for Inclusivity</b>	This challenge can be done in a wheelchair. If necessary, you can reduce the angle of rotation.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"> <li>1. Keep your knees slightly bent and weight over your feet to retain balance</li> <li>2. Make sure that you are rotating over your leading foot each time, so that you don't get dizzy</li> <li>3. Use your arms to help stabilize you</li> </ol>



<b>Challenge 2 Title</b>	Ski Slalom
<b>Challenge Description</b>	<p>This challenge requires balance and agility, and replicates weaving in and out of the gates in a ski slalom.</p> <p>Roll up a towel to create a wedge, and stand on one side.</p> <p>Jump side to side, over the towel, making sure that both feet land on the other side to count. Repeat this, jumping back and forth.</p> <p>How many jumps can you do in <b>30 seconds</b>?</p>
<b>Scoring</b>	<p>Count each time both feet land on the other side of the towel.</p> <p>How many jumps can you do in <b>30 seconds</b>?</p>
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	If no towel is available, then a rolled-up t-shirt, or a line of shoes, will work perfectly.
<b>Adaptation for Inclusivity</b>	<p>Instead of using a rolled-up object, athletes can jump over a flat marker.</p> <p>If the two footed jump is unsuitable, try stepping from one side of the marker to the other and back. Wheelchair users can perform side to side touches to each side of the wheelchair.</p>
<b>Coaching Tips</b>	<ol style="list-style-type: none"> <li>1. Try to get into a rhythm when performing the jumps</li> <li>2. Use your arms to help generate momentum and to aid balance</li> <li>3. Remember it is a side-to-side jump, not vertical, so jumping too high over the wedge will slow you down</li> </ol>



<b>Challenge 3 Title</b>	Ski Jump
<b>Challenge Description</b>	<p>Stand behind a take-off line, such as a skipping rope or line of socks.</p> <p>From a still, standing position, take off on 2 feet, jumping as far as you can before landing on both feet.</p> <p><b>How far</b> can you jump?</p>
<b>Scoring</b>	<p>The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels, or hands/ bottom if you fall back).</p> <p><b>How far</b> can you jump? <b>Record your distance to the nearest whole centimetre.</b></p>
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	If no tape measure or ruler is available, then an A4 piece of paper is approx. 30cm in length.
<b>Adaptation for Inclusivity</b>	<p>If jumping is not suitable, then children can take a large stride.</p> <p>Wheelchair users could see how far they can roll on a flat surface with one push of their arms.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"> <li>1. Swing the arms and bend the knees to help provide forward drive</li> <li>2. Look up whilst jumping</li> <li>3. Land with knees bent to cushion the landing</li> </ol>



<b>Challenge 4 Title</b>	Snowball Fight
<b>Challenge Description</b>	<p>For this challenge, you will need a partner, who will play the role of your opponent. Your partner will need 10 soft snowballs, which could be rolled up socks or balls of paper.</p> <p>Place two markers on the floor, 1 metre apart. Stand behind one marker facing the other. The marker that you are standing behind will be your 'Starting Marker'.</p> <p>Your objective is to perform a figure of eight around the other marker, and to get back to your starting point.</p> <p>Whilst performing your figure of eight, your opponent will be throwing (underarm) their snowballs at you, trying to hit you on your arms and legs. They have a maximum of 10 shots, and should be stood at least 2 metres away from any markers.</p> <p><b>How many figure of eights can you complete without being hit by a snowball, in 30 seconds.</b> The snowball must hit an arm or leg to count.</p> <p>Remember to make sure that any breakables are removed from the room before starting this challenge.</p>
<b>Scoring</b>	<p><b>How many figure of eights can you complete without being hit by a snowball, in 30 seconds.</b></p> <p>If you are hit by a snowball, then it is only the <b>current</b> figure of eight which doesn't count. You don't need to start counting again.</p>
<b>Video Example</b>	<a href="#">Click here for video example</a>
<b>Suggested Adaptations for Space/Equipment</b>	You can use any small, soft ball for this challenge, rolled up socks or balls of paper.
<b>Adaptation for Inclusivity</b>	<p>Distances between markers, and the distance from the thrower can be increased if necessary.</p> <p>The thrower could shout 'go' before they are going to throw the snowball, to give the participant advanced warning.</p> <p>Please feel free to change the thrower's target (e.g. just the arms, or the hands or feet) as appropriate.</p>
<b>Coaching Tips</b>	<ol style="list-style-type: none"> <li>1. Keep your eye on the thrower at all times</li> <li>2. Stay on the balls of your feet, ready to react and dodge the snowballs</li> <li>3. You could throw some dummies and fake movements in, to try and fool your partner into throwing their snowballs</li> </ol>

Submit your scores at [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk) before midday (12pm) on Friday.



**Scorecard**

<b>Name</b>	
<b>School</b>	
<b>Year Group</b>	
<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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