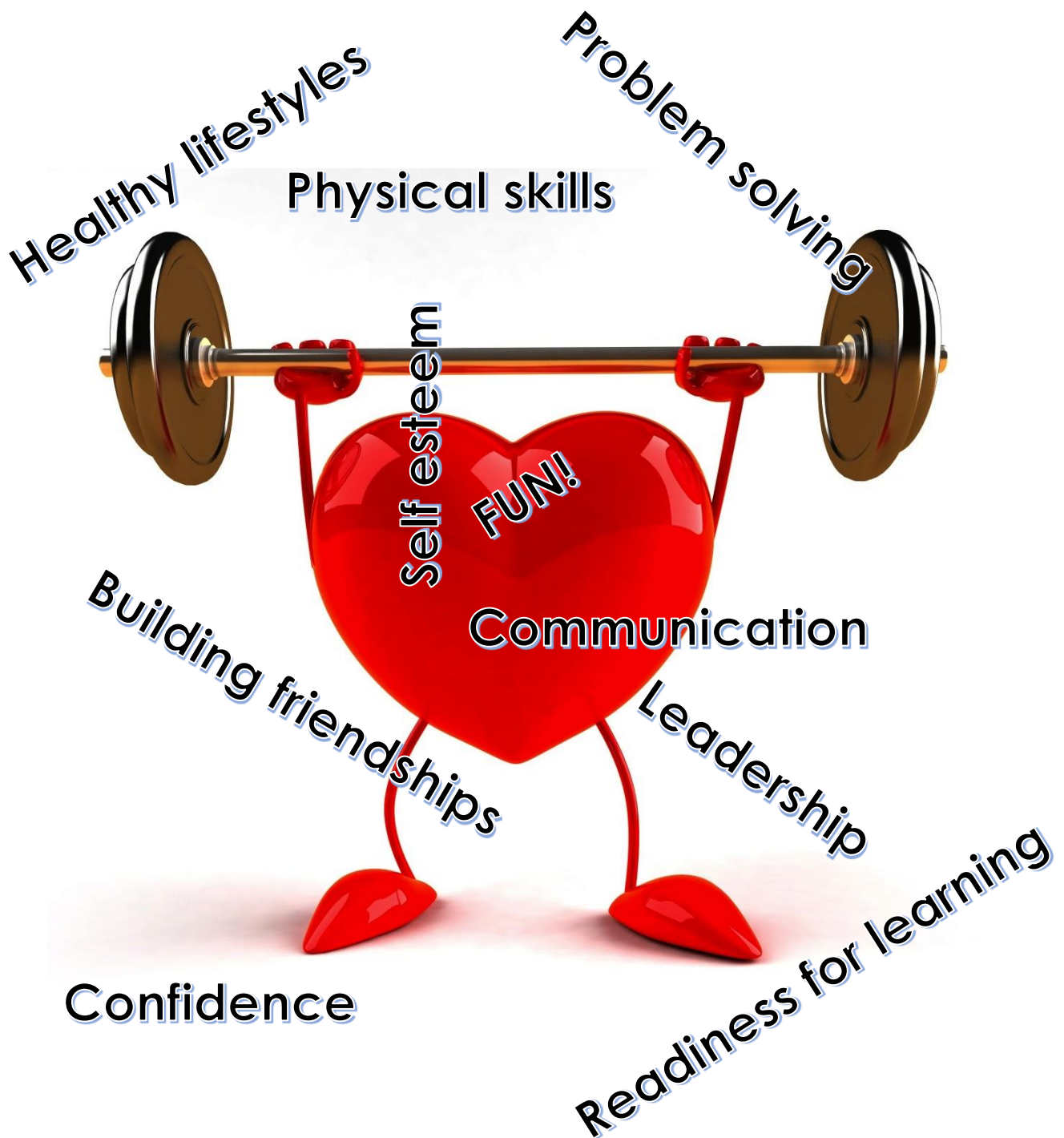




Virtual Sports Competition

Why exercise?

Why?



The STEP Principle

Helps us to differentiate – adapt / modify activities to make sure that all pupils can access and participate at the appropriate level

S	SPACE – where? Alter the space for the activity – bigger / smaller
T	TASK – what? Change tasks / rules / activity to engage / focus and challenge pupil
E	EQUIPMENT – what is being used? Use different / adapted equipment for individual pupils so they can access activities
P	PEOPLE – who? Alter numbers in groups – individual / partners / small groups or mix of pupils for activities

1. Musical Statues

How to –

- Select a family member to start / stop the music and judge competition
- Dance to music with your best dance moves!
- When music stops stay as still as you can
- Activity leader to spot next person to move when music has stopped = they are out!

Equipment – CD player / upbeat fun music of your choice to dance to

Skill related focus – **Balance**

Points system - First person out scores 1 point / 2nd person out scores 2 points etc



Musical Statues

Score sheet

Name	1 st game	2 nd game	Final score

2. Balloon Keepy Ups

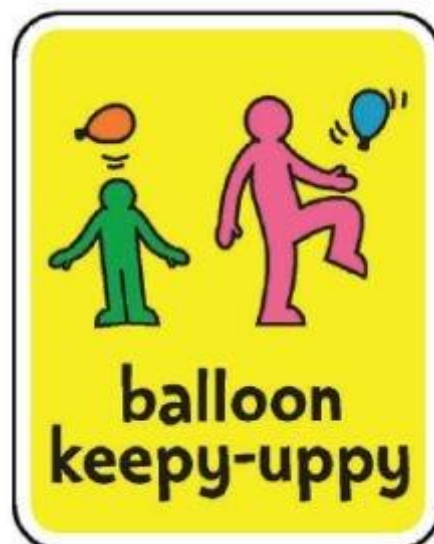
How to –

- Each player to have a balloon each
- Each player to see how many 'keepy ups' they can achieve playing the balloon into the air without the balloon touching the floor
- Each player to select another player to help count each attempt

Equipment – balloons!

Skill related focus – **Reaction time**

Points system – Each player to count up their score for two games and add the total for their final score



Balloon Keepy Ups

Score sheet

Name	Attempt 1	Attempt 2	Final score

3.Chest Push!

How to –

- Each player have a turn at sitting at a marker cone / point
- Hold ball at chest height with two hands and push ball forwards releasing away from chest
- Measure where ball first lands and record score

Equipment – chair, soft rubber ball, tape measure, cone

Skill related focus – Power

Points system – Each player to count up their score for two attempts and add the total for their final score



Chest Push!

Score sheet

Name	Team	Attempt 1	Attempt 2	Final score

4. Races

How to –

- Choose another family member to race against in the garden
- Straight race to see who can run / travel the fastest over set distance - be careful not to trip (if you are assisting someone in a wheel chair just walk and push)
- Come up with your own race eg – relay race

Equipment – cones, various balls / bean bags

Skill related focus – **Speed**

Points system – Award points – eg 1st place = 10 points, 2nd place = 8 points etc



Races

Score sheet

Name	Race 1	Race 2	Final score