

Darlington School Sport Partnership weekly activity timetable week beginning 29th June 2020

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We are focussing on Rounders this week. There is a national challenge and participants from all Key Stages can enter until 26th July all details can be found here:

<https://www.roundersengland.co.uk/stayhome-activities/rounders-challenges/>

Day Theme	Theme & Activities	Competitions and Challenges
<p>Move It Monday</p>	<p>Mass Dance Mayhem Week 4</p> <p>Rounders Catching Challenge</p> <p>Video link here: https://youtu.be/jZBpToP6hYo</p>	<p>Rounders Catching Challenge</p> <p>What you need 10 pairs of socks or balls A receptacle i.e. bin, bucket or basket Someone to throw – who lives in your household</p> <p>Aim of the Game Catcher stands five big steps away from the thrower, placing the receptacle on the ground beside them. Thrower throws the socks/ balls to the catcher Catcher has to catch as many pairs of socks/ balls as they can out of ten, placing them in the receptacle when successfully caught, to be counted at the end.</p>
<p>Challenge Tuesday</p>	<p>Rounders Batting Challenge</p> <p>Video link here: https://youtu.be/U6KdRW3aOIU</p>	<p>Rounders Batting Challenge</p> <p>What you need 10 pairs of socks or balls A bat i.e. Rounders bat, tennis racket, small cricket bat, rolling pin or thick stick of wood 3 markers (cones or jumpers) to designate where the batter stands and</p>

		<p>the area to hit between Someone to throw – who lives in your household</p> <p>Aim of the Game Place a marker where the batter stands. Then taking 4 large paces, lay the other markers to the left and right, creating a triangle shape Bowler bowls to the batter and batter tries to hit the ball/ socks through the markers on the ground See how many balls/ socks you can get through the markers out of 10 If no bowler, throw the socks in the air yourself and try and hit them through the markers.</p>
<p>Well-Being Wednesday</p>	<p>Rounders Bowling Challenge Video link here: https://youtu.be/d_pm5FwAC4</p> <p>What you need 10 pairs of socks or balls Empty toilet rolls, food tins Something that stands above knee height i.e. chair or table</p> <p>Aim of the Game Pace 7½ large steps back See how many throws it takes you to knock the toilet rolls/food tins down</p>	<p>Design a Rounders Bat competition Deadline midnight 3rd July file:///G:/Leisure%20Services/Strategic%20Support/Darlington%20Move%20More%20Team/Schools/School%20Games/Home%20learning/Arreson-Design-a-Bat-Competition-Information-Pack-2020-1.pdf</p>
<p>Try-It Thursday</p>	<p>Rounders Running Challenge Video link here: https://youtu.be/KZQVynSaEoE</p>	<p>Rounders Running Challenge</p> <p>What you need 2 items i.e. jumpers or cones, to mark the start and end of the distance</p> <p>Aim of the Game Run as many laps as you can around the markers within 30 seconds (counting only your completed laps for your final score)</p>
<p>Feel Good Friday</p>	<p>Rounders Keepie Uppie Challenge Video link here: https://youtu.be/udVmWi2a90A</p>	<p>Rounders Keepie Uppie Challenge</p> <p>What you need A bat i.e. rounders bat, book, rolling pin, cricket bat, tennis racket etc A ball i.e. rounders ball, tennis ball, sponge ball, pair of socks Someone – who lives in your household – to time you for one minute</p> <p>Aim of the Game</p>



		How many times can you bounce the ball on the bat, consecutively for one minute When the ball drops to the floor, you have to start again
Weekend Walk Out	Get the family out in the fresh air for a walk ... how many different coloured things can you notice that belong in nature?	

