



Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

www.yourschoolgames.com/sgo/mk-north/

Challenge 1 – Keepy Uppy Challenge

Equipment –

- A golf ball or a small bouncy ball
- a golf club or other sporting striking object. Cannot have strings like a tennis racket or badminton racket

Video support – https://www.youtube.com/watch?v=K_v9oztn9yQ



- Hold the club by the handle and drop the ball onto the face of the club.
- Repeatedly strike the ball keeping it off of the floor.
- Count every keepy uppy, if the ball bounces on the floor or on an object that is not the club face stop counting for that effort.

MAKE SURE YOU DON'T ATTEMPT TOO CLOSE TO ANY WINDOWS!

Recording your score -

You have 60 seconds to make as many successful catches as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many catches you make.

Challenge 2 – Putting Challenge

Equipment –

- A flat path, mowed lawn, astroturf or on a hard court area
- 1 putter (can be any sporting object but must have a flat side)
- A golf ball, tennis ball or small sponge ball
- 1 “target” cannot be any larger than 30cm in diameter
- Tape measure
- Cones or substitute items that can mark distances

Make sure you have a suitable space for this challenge!

Video support –

<https://www.youtube.com/watch?v=wRlkhPgfJyU>



- Place your selected target down on the floor facing you.
- Place your striking marker **3 metres away** from the goal, and put your ball in line with it
- Strike the ball so that it hits the target. Ensure that you have permission to use this target first.
- Each time you hit the ball into the goal you score 1 point. You must retrieve your own ball re set and keep going until the 60sec is up.

Recording your score –

You have 60 seconds to make as many successful strikes as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many times you can hit the ball into the goal.

**SUBMIT YOUR
SCORE**

Take your final scores from both challenges, and add them together to get your result.

Keepy Uppy Challenge + Putting Challenge = TOTAL SCORE

Submit your **TOTAL SCORE** via the link

Entries must be submitted by 1pm on Friday 3 July



Participants – All participants will receive an e-certificate via e-mail on completion of each challenge.

Individuals – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive **a £5.00 E-VOUCHER.**

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will a **£75.00 PE equipment voucher.**

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
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