



Rosendale Primary School and Children's Centre

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ROSENDALE SPORTSWEEK: MONDAY 6TH – FRIDAY 10TH JULY

Dear parents, carers and children

Sports Day would have taken place on Friday 10th July but the lockdown means we'll have to wait another year to celebrate the day together at Rosendale Playing Fields. However children (and adults!) can take part in our Rosendale Sportsweek Challenge, taking place through next week, Monday 6th to Friday 10th July. There are six 60 second challenges, based on both skills and fitness, and entrants are invited to submit their personal best score for each and the winning school team will be awarded the one-off (we hope) Lockdown Trophy 2020.

The six challenges are described below and all can be performed using everyday objects. If you do each with a partner or parent or carer, you can count each other. Once finished you can submit your scores at <https://forms.gle/Rre9ugHynxraMxe8A> or drop off the attached score sheet at the school office. Good luck, have fun and please forward any photographs to physicalactivity@rosendale.cc.

Yours faithfully

Doug Cranston
Head of PE, PA and Sport

Headteacher Kate Atkins

Deputy Headteachers Jane Boothroyd, Esther Gee Acting Deputy Headteacher Michele Chung
School Business Manager Natasha Byrne Chair of Governors Shola Salako

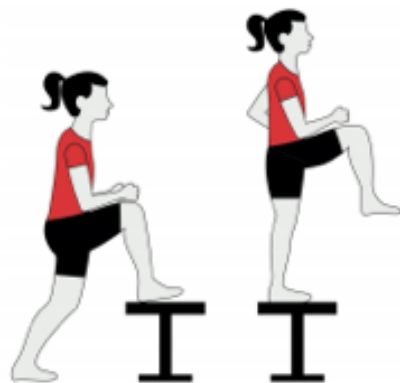
Challenge 1: Around the World



Instructions: How many times can you pass the ball around your waist in 60 seconds? If you drop it, pick it up and carry on

Equipment: small, soft ball (or a pair of balled socks)

Challenge 2: Step Ups



Instructions: How many times can you step up and down a step in 60 seconds? You must step up and down with one foot at a time. No jumping!

Equipment: small step/stair step

Challenge 3: Fast Feet Dribble



Instructions: How many times can you dribble a ball around a marker and back in 60 seconds? Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

Equipment: small, soft ball (or a pair of balled socks)

Challenge 4: Bean Bag Throw



Instructions: How many times can you throw a bean bag into a hoop/target in 60 seconds? Stand 3 large steps away and collect the bean bag and return to the throwing line once thrown

Equipment: bean bag and hoop (or a pair of balled socks and a small towel as the target)

Challenge 5: Ball Swap



Instructions: How many times can you swap over the balls in 60 seconds? Place two cones (or mugs) about 3m apart. Starting at one cone, pick up one ball at a time and swap with the other as many times as you can.

Equipment: Two small balls, two cones (or two mugs and two pairs of balled socks)

Challenge 6: Clap Catch



Instructions: How many times can you throw a ball up, clap once and catch it in 60 seconds?

Equipment: small, soft ball (or a pair of balled socks)

Write your scores here, or submit online at:

<https://forms.gle/Rre9ugHynxraMxe8A>

Sportsweek 2020: Score Sheet

First of all, very well done for taking part in the lockdown Sportsweek Challenge; we hope you enjoyed yourself and let's look forward to a more normal one next summer.

Please write your personal best scores in the table below and then hand in to the school office. If you want to take part more than once, please do...!

Your Name	
Your Class	
School Team (Bannister, Freeman, Radcliffe or Thompson)	
Challenge 1 Score: Around the World	
Challenge 2 Score: Step Ups	
Challenge 3 Score: Fast Feet Dribble	
Challenge 4 Score: Bean Bag Throw	
Challenge 5 Score: Ball Swap	
Challenge 6 Score: Clap Catch	