

BERKSHIRE VIRTUAL SCHOOL GAMES

Week Five – Invictus Challenge – KS1, 2 & 3

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

KS1- Years 1 & 2- Level 1

KS2- Years 3,4,5 & 6-Level 2

KS3- Years 7,8 & 9- Level 3

CHALLENGE ONE: GOALBALL ROLL UP

What you will need?

Goalball – If not, a football, or basketball, or netball or a similar sized ball.

4 x Markers – if not socks, or cans, or plastic cups can be used.

Eyeshade – If not, a scarf, or a jumper, or a woolly hat, or close your eyes tight.

Guide – Someone to retrieve the ball and support with direction and scoring.

Level 1 (KS1 Scoring)

Level 2 (KS2 Scoring)

Level 3 (KS3 Scoring)

SAFETY: Ensure when you take part in this challenge your guide supports with the retrieval of the ball and scoring or alternatively remove your eyeshade between attempts to see your score and retrieve the ball.

- Set up level 1 by creating a goal 2 paces wide using 2 markers.
- Using your 3rd marker pace 6 steps away from the goal, this will be your throwing line.
- To start, kneel down on 1 knee and place your eyeshade on (ensure your guide helps you).
- When you are ready attempt to roll the ball in to the goal from your throwing line.
- You score 1 point for every goal scored.
- Ask your guide to retrieve the ball and keep your score (Using their feet if at school) or remove your eyeshade to retrieve before attempting your next go.
- You have 10 attempts to score as many points as possible.
- KS1 do not forget to **record your best score!**

- Use the same set up as level 1, reducing the size of the goal to 1 pace wide.
- Start the level standing, before placing your eyeshade on (ensure your guide helps you).
- When you are ready attempt to roll the ball in the goal from the throwing line.
- You score 1 point for every goal scored.
- Ask your helper to retrieve the ball and keep your score (using their feet if at School) or remove your eyeshade to retrieve before attempting your next go.
- You have 10 attempts to score as many points as possible.
- KS2 do not forget to **record your best score!**

- Use the same sized goal as level 2 but add an additional marker in the middle of the goal as a blocker.
- Stand with your back to the goal on the throwing line and put on your eyeshade (ensure your guide helps you).
- When you are ready, turn to face the goal and roll the ball towards the goal.
- You score 1 point for every goal scored.
- If the ball hits the middle marker (blocker) no point is scored.
- Ask your helper to retrieve the ball and keep the score (using their feet if in school) or remove your eyeshade to retrieve before attempting your next go.
- You have 10 attempts to score as many points as possible.
- KS3 do not forget to **record your best score!**

LAYOUT



IF I NEED SUPPORT...

- Increase the size of the goal.
- Remove the eyeshade when attempting the level.

IF I NEED A CHALLENGE...

- Increase the distance between the throwing line and the goal.
- Complete a 360° turn before throwing the ball towards goal.

CHALLENGE TWO: BOCCIA – MIND THE GAP!

What you will need?

- 1 x Boccia Ball** – if not, a tennis/juggling or similar sized ball, or a rolled-up pair of Socks, or a bean bag
- 1 x Clear Wall space** – Wall space that is clear of windows roughly 1 metre in width needed.
- 3 x Line makers** – if not, chalk or tape or string or socks.
- 1 x Measuring Tape** – if not, a 30cm ruler or A4 paper/book – A4 is approx.30cm in length.

Level 1 (KS1 Scoring)

- Set up your scoring zones from your clear wall space. Use your measuring tape to mark zone 1 = 30cm from the wall, Zone 2 = 60 cm from the wall and zone 3 = 1 metre from the wall. Placing your marker for your throwing position 5 metres from the wall.
- To start the level, attempt to propel, roll, or throw the boccia ball to land as close to the wall as possible.
- Your score depends on which zone the boccia ball lands in

Zone 1 (closest to the wall) = 5 points

Zone 2 = 3 points

Zone 3 = 1 point

- The boccia ball can touch the wall.
- You have 6 attempts to score as many points possible. This is called an **END** in Boccia.
- KS1 do not forget to record your best score!**

Level 2 (KS2 Scoring)

- To set up level 2 remove scoring Zone 3 (furthest from the wall) keeping Zone 1 & 2 the same size as in level 1. Keep your throwing position 5 metres away from the wall.
- Propel, roll, or throw the boccia ball to land as close to the wall as possible.
- Your score depends on which zone the boccia ball lands in

Zone 1 (closest to the wall) = 5 points

Zone 2 = 3 points

- The boccia ball can touch the wall.
- You have 6 attempts to score as many points possible. This is called an **END** in Boccia.
- KS2 do not forget to record your best score!**

Level 3 (KS3 Scoring)

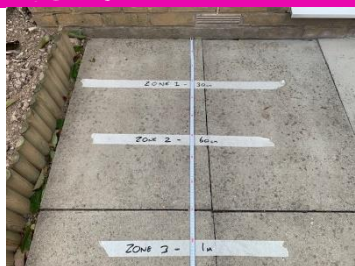
- Use the same set up as level 2.
- This time the boccia ball is not allowed to hit the wall during the attempt.
- Propel, roll, or throw the boccia ball to land as close to the wall as possible.
- Your score depends on which zone the boccia ball lands in

Zone 1 (closest to the wall) = 5 points

Zone 2 = 3 points

- If the boccia ball touches the wall during the attempt it will not count towards your score.
- You have 6 attempts to score as many points possible. This is called an **END** in Boccia.
- KS3 do not forget to record your best score!**

LAYOUT



IF I NEED SUPPORT...

- Increase the size of the scoring zones.
- Use a ball that moves slower or use a bean bag.
- Move the throwing line closer.
- Use a ramp to deliver the ball
- Sit on a chair

IF I NEED A CHALLENGE...

- Use your non-dominant hand when attempting the level.
- Make the scoring zones smaller.
- Remove Zone 3 & 2 to leave only 1 scoring zone.

CHALLENGE THREE: WHEELCHAIR BASKETBALL – DRIBBLE MASTERY

What you will need?

Chair – if not sit on the floor

Basketball – if not, a netball, or a football, or a ball that you are able to bounce.

Stopwatch – If not, a phone, or a watch, or a tablet (iPad).

Level 1 (KS1 Scoring)	Level 2 (KS2 Scoring)	Level 3 (KS3 Scoring)
<ul style="list-style-type: none"> To set up ensure you put your chair in safe space on a hard, flat surface area. On “Go” attempt to dribble the ball continuously without stopping. You score points for the number of continuous dribbles. When dribbling use your fingertips to promote control of the ball avoiding touching the ball with the palm of your hands. If you achieved 20 bounces in 60 seconds but only 10 were continuous then your score for the attempt would be 10 points. You have 60 seconds to score as many points as possible. KS1 do not forget to record your best score! 	<ul style="list-style-type: none"> Use the same set up as level 1. Ensure your chair in a safe space on a hard, flat surface area. On “Go” attempt to dribble the ball with alternate hands continuously without stopping. You score points for the number of continuous dribbles. When dribbling use your fingertips to promote control of the ball avoiding touching the ball with the palm of your hands. If you achieved 30 bounces and only 15 were continuous then your score for the attempt would be 15. You have 60 seconds to score as many points as possible. KS2 do not forget to record your best score! 	<ul style="list-style-type: none"> Use the same set up as level 1. Ensure your chair is in a safe space on a hard, flat surface area. On “Go” attempt to dribble the ball around your chair (full circle) continuously without stopping. You score points for every full rotation around your chair. If you stop dribbling, restart from the front of the chair. Your score <u>does not</u> reset. You have 60 seconds to score as many points as possible. KS3 do not forget to record your best score!

LAYOUT



IF I NEED SUPPORT...

- Attempt level 1 by catching the ball each time it bounces.
- Use 2 hands at once to increase surface area and improve control.

IF I NEED A CHALLENGE...

- Attempt each level while sitting on the floor.
- Use a smaller ball to dribble (e.g. Tennis ball).

**ENJOY YOUR CHALLENGES AND DO YOUR BEST
DON'T FORGET TO SEND YOUR BEST SCORES TO YOUR TEACHER**

@BerkshireSGO #stayinworkout #stayhomestayactive

**With thanks to
MNR Coaching
for the
production of
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video.**



