

QUICK SHUFFLE

Weekly theme: Co-ordination

Activity Aim: Move your feet as quickly as possible.



How to play

1. Choose a Level 1-5.
2. Press 'start' on the timer, jump over or through the obstacles as quickly as you can.
3. Maintain your speed by staying on your toes and land with your knees bent.
4. Press 'stop', when you have completed 10 jumps or rounds of your chosen level.
5. Record the time and level of each attempt.

Tailor the activity to your needs using the STEPS Principle explained overleaf.

Where to do this

Anywhere, that is suitable for the size according to your level and clear of any damageable objects.

What equipment is needed

Timer (tablet, phone or stop watch).
Dependent on the chosen level: A hurdle or speed ladder—rolled up towels work the same too (max 5). Markers & ball or a shoe and rolled up socks.

Who can get involved

You can do this on your own, as a pair or with your family or class in your own area. One person will jump while the other will count.



Complete the level most suitable for you



Level 1

Place a rolled up towel or hurdle on the floor. Jump over the obstacle and back again. This counts as 1 jump.

Level 2

Place a speed ladder or 5 towels evenly spaced in front of you. 1 round is running up and around the ladder, back to the start. Place one foot in each gap.

Level 3

Place a speed ladder or towels evenly spaced in front of you. From the top of the ladder, take 4 large steps diagonally to your left or right and place a marker down. Return to your starting point. Run up the ladder as quickly as you can placing one foot in each gap. From the top of the ladder, run out to your marker, turn and run back to the start. This counts as 1 round.

Level 4

Follow Level 3 instructions, include a ball or socks by your marker. When you reach your marker, throw your object upwards & clap 3 times before catching it and dropping it back in place and running back to the start. This counts as 1 round.

Level 5

Follow Level 3 instructions, include a ball or socks by your marker. When you reach your marker, do 5 star jumps, throw your object upwards & clap 3 times before catching it and dropping it back in place and running back to the start. This counts as 1 round.

Submit your results by 5 July using this form bit.ly/VSSG2020



Surrey School Games



Department for Culture Media & Sport



#VirtualSSG2020

LEVEL UP

Get creative with Level Up!
Challenge parents/teachers to get involved!

Make up a more creative and interesting version of this Activity and get an adult to share your Level Up idea on Facebook or Twitter tagging @ActiveSchoolsAS (ActiveSurrey on Instagram) using #VirtualSSG2020.

Ensure Active Surrey are tagged and the #VirtualSSG2020 has been used for the chance to win a £20 Amazon voucher - one Level Up idea will win each week.

Use the STEPS Principle below to change the Activity. Changing one or more of the five STEPS is a great way to turn an activity into something new or more suitable for you.

How can the School Games Values be displayed ?

The Surrey School Games encourages young people, families, schools and communities to think about what the Values mean and how you can embody and display them in your activity?



Using STEPS, the below Level Up idea has been suggested. What creative ideas do you have?

How many different ways can you move? Go though the ladder using a new movement.

Or increase the number of markers you run to. Why not have someone else shout out a number or colour that relates to the marker.

Be creative and you could be in with a chance to win a £20 Amazon voucher each week.