

KNOCK, KNOCK

Weekly theme: Bowling/Striking

Activity Aim: Hit the targets, retrieve the balls.



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

How to play

1. Choose a Level 1-5.
2. Set up 5 targets in front of you, horizontally; left to right. These can be water bottles, open books, anything you have that can stand upright. To ensure your targets stay in the same place place a marker under the target such as a coaster or flat book.
3. Stand kneel or sit at the distance stated on the chosen level. Press 'start' on the timer, and using a small ball or rolled-up pair of socks try to knock over the targets.
4. Once all targets have been knocked down, quickly stand them up and repeat.
5. Record the number of successful knock downs in 1 minute and the level of each attempt.

Where to do this

Anywhere. Ensure the space is clear of any obstacles or objects that are easily damaged.

What equipment is needed

Timer (phone or stop watch). Small balls or rolled-up socks to throw. Water bottles / plastic cups for targets, Books or coasters. Frying pan or bat.

Who can get involved

You can do this on your own, as a pair or with your family or class in your own area. Take it in turns to throw or count.

Complete the level most suitable for you

Level 1

Targets should be 2 hand widths apart. Throw from a distance of 1 big step away from the targets.

Level 2

Targets should be 4 hand widths apart. Throw from a distance of 2 big steps away from the targets.

Level 3

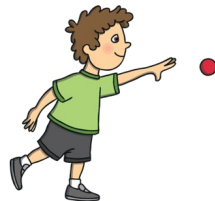
Line the targets up in front of you, one behind the other with 2 hand widths gap in between. Take 2 big steps away from the targets.

Level 4

Line the targets up in front of you, one behind the other with 2 hand widths gap in between. Take 2 big steps away from the targets. Using a book or frying pan hit the ball or socks towards your targets. It is best to try this from a kneeling position.

Level 5

Line the targets up in front of you, one behind the other with 4 hand widths gap in between. Take 3 big steps away from the targets. Using a book or frying pan hit the ball or socks towards your targets. It is best to try this from a kneeling position.



Submit results by 12 July using the form at <https://bit.ly/37Qbm2g>



#VirtualSSG2020

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

LEVEL UP

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.

A Level Up suggestion has been made, but what other creative ideas do you have?
Instead of knocking objects **over**, can you hit or throw the socks directly **into** a plastic cup, box or pan?

Parents & teachers can get involved and submit results too!

How can the School Games Values be displayed ?

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



ADAPT USING STEPS

Change one or more of the five STEPS principles, to adapt the activity to make it more suitable and inclusive for you.

For example use a sensory bell ball, alternatively you could change the way or the speed at which you move to make it more suitable for you.

S	T	E	P	S
Space	Task	Equipment	People	Speed

