

## KS1 SSFT VIRTUAL GAMES



This Virtual Games is made up of 3 events:

- Racket Run
- Speed Bounce
- Throwing

Record your score on the results table.



# VIRTUAL Games

## Activity 1 : Racket Run

- Balance a ball/Bean Bag/socks on a tennis racket/ frying pan.
- Set out 2 markers about 3 meters away from each other
- Hold the racket with your strong hand.
- See how many points you can get in 2 minutes.

### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles

### Equipment needed

- Tape measure
- Tennis ball
- Tennis Racket
- Stopwatch

### But what else can I use?

- 30cm Ruler – 10x to make 3m
- Socks
- Frying pan or any type of racket
- Watch or phone timer

### Make it easier

- Use a bigger ball
- Hold the racket with two hands

### More of a challenge

- Use your weaker hand
- Use a smaller ball

### Make it inclusive

- Place the targets on the floor and role the ball.

### Scoring

- Record your points into the score sheet

# VIRTUAL Games

## Activity 2: Speed Bounce

- Set Out the Speed bounce mats.
- You must jump either side of the mat with both feet.
- Every time you jump across the mat you will get a point
- See how many points you can get in 30 seconds



### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### Equipment needed

- Speed Bounce Mat
- Timer

### But what else can I use?

- Pillow/ skipping rope
- Watch/ phone timer

### Make it easier

- Make mat smaller to jump over.

### More of a challenge

- Make the mat bigger to jump over.

### Make it inclusive

- Wheel backward and forward over a line, wheels must clear it!
- Hold on to the back of a chair for stability

### Scoring

- Record your points into the score sheet

# VIRTUAL Games

## Activity 3: Throwing

- Place a hoop on the floor and measure 2 meters away from it.
- Throw a bean bag in to the hoop.
- See how many times you can throw the bean bag in the hoop in 2 minutes.

### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles

### Equipment needed

- Stopwatch
- Bean bag
- Hoop
- Tape Measure

### But what else can I use?

- Watch or phone timer
- Ball/ socks
- Washing basket/ bin
- 30cm Ruler- 6x for 2m

### Make it easier

- Use a big ball/ bigger target
- Throw with both hands

### More of a challenge

- Use your weaker hand

### Make it inclusive

- Use a bigger ball
- Sit down and do the activity
- Move the target closer

### Scoring

- Record your points into the score sheet

# VIRTUAL Games Results

<b>School name:</b>	
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<b>Childs first name:</b>	
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<b>Year group:</b>	
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Event	Result
Racket run	
Speed Bounce	
Throwing	

