Summer Sport Challenge

6 Weeks, 6 Sports, 6 Personal Bests!

This resource contains a set of 6 sporting event resource cards. It has been designed for the 6 week Summer Holidays with a different challenge each week. Each event is linked to a sporting target and allows you to reach the target and in some cases exceed it. Please adapt accordingly for your needs!

This resource has been designed to be used once per week.

- Please use the resource in whichever order you prefer
- More that one activity can be completed each week and therefore revisited
- You could use the same activity each week and try to better your weekly score

Included with the resource:

- 6 Event cards, one for each activity:
  - Marathon step challenge
  - Exercise 200
  - Ball skills
  - Catch it
  - Climb Snowdon
  - Duathlon

Summer Sport Challenge

6 Weeks, 6 Sports, 6 Personal Bests!

Week 1 Marathon Step Challenge	**Week 2** Exercise 200	**Week 3** Ball Skills
Week 4 Catch It	**Week 5** Climb Snowdon	**Week 6** Duathlon

Summer Sport Challenge Week 1

Week 1 Marathon Step Challenge

The average steps to complete a marathon is 63000!

Can you complete one in a week or quicker?

- Using a step counter app or watch
- You need to complete at least 9000 per day
- Each day record your steps
- How quickly can you get to 63000?
- What is your total steps for the week?

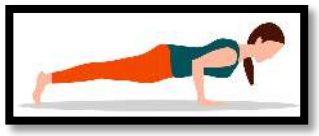
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total steps
Number of steps								

Summer Sport Challenge Week 2

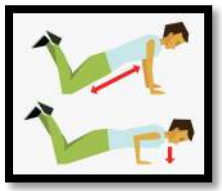
Week 2 Exercise 200

Can you complete 200 reps in a week?

- Choose an exercise from the list below
- Each day complete the number of reps required
- ☑ Each day as you go
- ☑ When you've completed 200



Press up



Box Press up

Sit up

Touch ground star jump

Skipping

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
To complete each day	12 Reps	15 Reps	20 Reps	26 Reps	34 Reps	40 Reps	53 Reps	200 Reps
Exercise _____ ☑								

Summer Sport Challenge Week 3

Week 3 Ball Skills

Day	Number of hit targets
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Total target hits	

Ronaldo has scored 55 free kicks in his career
Can you do it in a week?

- Set up a cone or target
- Using a ball of your choice
- Try to kick the ball to hit the cone or target from different distances and angles
- Record your scores each day
- Can you get 55 or more in a week?

Summer Sport Challenge Week 4

Week 4 Catch it

Day	Number of catches
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Total catches	

Ben Stokes has caught 130 catches for England
Can you do it in a week?

- Ask a family member or friend to help
- Use a ball of your choice
- Ask your partner to throw the ball to you at different heights and angles
- Catch the ball as many times as you can in a row each day
- Record your scores

Summer Sport Challenge Week 5

Week 5

Climb Snowdon

Can you complete 4613 steps to conquer Snowdonia?

- Use the stairs in your house (approx. 14 steps)
- You need to complete at least 660 steps per day
- That's 47 times up your stairs each day
- Each day record your steps
- How quickly can you get to 4614 steps?
- What is your total steps for the week?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total steps
Number of steps								

Summer Sport Challenge Week 6

Week 6 Duathlon

The average duathlon takes 210 minutes to complete

Using running and cycling can you complete one in a week?

- Each day choose a run or cycle
- Time how long (in minutes) you run or cycle for
- Record your daily minutes
- How many days can you complete a duathlon in?
- What is your total minutes achieved in a week?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Number of minutes Cycling or running								