

Virtual Competition

Challenge 1: Catch Up!

Focus: Participation



GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Window 1: Monday 11th January – Friday 22nd January 2021

Catch Up is a whole class / bubble challenge, with young people attempt to move up through the 24 skill levels of catching challenges. The highest level achieved by every young person will be added together and then divided by the number of participants in the class / bubble to create a class / bubble average.

Rules

- All 24 skill levels are clearly demonstrated in the video that can be accessed via the Virtual Challenge 1 tab on the website www.letsgetahead.co.uk. They are also a clear written explanation on the next page. You may wish to issue a copy to all young people so they can keep track of their progress.
- Please remember that you cannot skip levels. If you are unable to complete a level then you record the level you successfully reached and then start again from Level 1.
- Keep practising. You can submit your class/ bubble average score as many times in the two-week window as you wish.
- All children can participate in school or at home. If they participate at home they can choose to submit their score to staff to be included in class/ bubble average score. No video evidence is required.
- Those schools' who show the greatest participation and average scores in a key stage will be acknowledged.
- All children who participate will receive their Honesty School Games Value sticker.

Safety and COVID-19 guidance

- Each child should use a suitable sized tennis ball or similar.
- The ball should either be their own or one that has been sanitised or issued to individual children for their sole use throughout the two week challenge.
- Suitable footwear must be worn by all participants.
- In a school environment, please ensure there is adequate space for each young person to complete the level challenges safely.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.

Result to be submitted via www.letsgetahead.co.uk by 6pm on Friday 22nd January 2021

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Level	Skill	<input checked="" type="checkbox"/>
1	Pick the ball up off the floor.	
2	Pass the ball around your body.	
3	Pass the ball from one hand to the other.	
4	Balance the ball on the palm of your strong hand.	
5	Balance the ball on the palm of your weak hand.	
6	Throw the ball up in the air and catch with 2 hands.	
7	Bounce the ball and catch it with 2 hands (before it bounces twice).	
8	Throw the ball up in the air and catch with 1 hand.	
9	Bounce the ball and catch it with just your strong hand (before it bounces twice).	
10	Bounce the ball and catch it with just your weak hand (before it bounces twice).	
11	Throw the ball up in the air, clap once and catch with 2 hands.	
12	Throw the ball up in the air, clap twice and catch with 2 hands.	
13	Throw the ball up in the air, clap 3 times and catch with 2 hands.	
14	Bounce the ball, touch the floor with both hands and then catch the ball with 2 hands (before it bounces twice).	
15	Throw the ball up in the air, clap behind your back and catch with 2 hands.	
16	Throw the ball up in the air, clap behind your back, clap in front of your body and catch.	
17	Throw the ball up in the air, clap once and catch with 1 hand.	
18	Throw the ball up in the air, clap twice and catch with 1 hand.	
19	Throw the ball up in the air, clap 3 times and catch with 1 hand.	
20	Throw the ball up in the air, clap behind your back, clap in front of your body, behind your back and catch.	
21	Throw the ball over your shoulder and catch behind your back.	
22	With the ball behind your back, Throw the ball over your shoulder and catch in front of your body.	
23	Drop the ball onto strong foot kick it back up and catch.	
24	Drop the ball onto weak foot kick it back up and catch.	
	Remember, each time you complete a level tick it off, you cannot skip levels!	