

PE Year 6 Transition Tasks

*****Pupils to take part in the Year 6 Virtual Sports Day*****

TASK:

- pupils to be set 5 challenges that they will be able to complete at home
- each challenge will need to be completed to the best of their ability (pupils can have as many attempts as they like for each challenge) however we only need their best score for each event
- they can complete as many of the tasks as they like
- photo evidence of their participation and scores is required
- each challenge will be scored using Bronze, Silver, Gold
- pupils will complete each task and use the scoring criteria below to see how they did
- parents are encouraged to have a go also however we don't need their scores
- **all pictures to be sent to: PETask@barrbeaconschool.co.uk**
- **make sure to include: your name so that we know who you are**

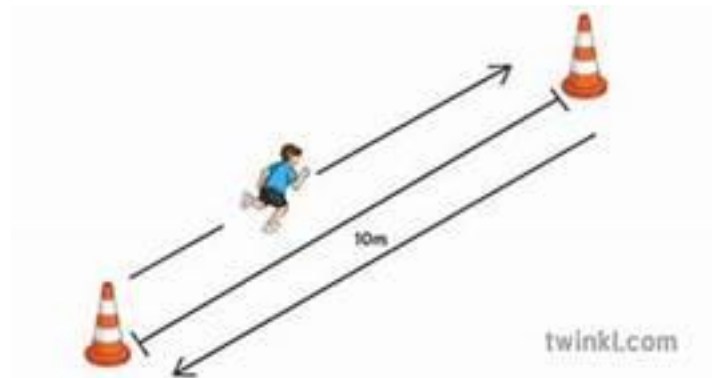
ACTIVITES & SCORING:

1. **Most Steps completed in a day**
 - Pupils will be required to complete as many steps as possible within 1 day. This can be a walk round the park, going to and from the shops, completing tasks in and around the house etc
 - Pupils must make sure that parents know where they are at all times (if they leave the house)
 - Bronze = 1000 – 3000 steps
 - Silver = 3001 – 5000 steps
 - Gold = 5001 or more steps
2. **Speed Bounce**
 - Pupils need to place an item on the floor (such as a t-shirt, ruler, towel, cushion etc) and jump side to side over the object keeping both feet together (see the image below)
 - They have 30 seconds to complete the task
 - Bronze = 10 - 20
 - Silver = 21 - 35
 - Gold = 36 or more



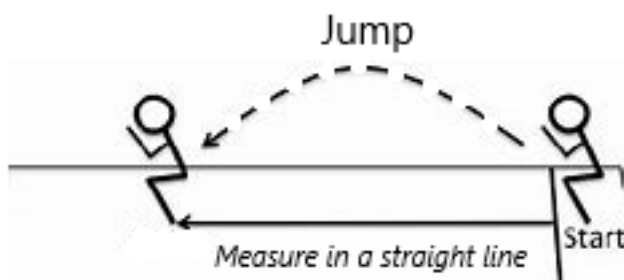
3. Shuttle Runs

- Pupils need to place two objects 10yards apart
- They start at one end and when someone says 'go' they have 30secs to run from one end to another (going around the objects) as many times as they can (see image below)
- Every time they go round one of the objects they increase their score by 1
- This can be done in your garden, in a park etc
- Bronze = 4 - 5
- Silver = 6 - 9
- Gold = 10 or more



4. Standing long jump

- Pupils need to place an object on the floor and stand behind it
- Keeping both feet together they need to jump as far forward as they can (over the object) trying to land with both feet still side by side
- In order to measure the distance achieved you will measure from the object on the floor to which ever part of their body is nearest (see image below)
- Bronze = 0.60m – 1.00m
- Silver = 1.01m – 1.30m
- Gold = 1.31m or above



5. **Plank**

- Pupils will need to get in to the plank position (see image below)
- When the person timing them says 'go', they will hold the position for as long as possible, keeping their body as straight as possible
- When they collapse or lie on the floor, the timer stops
- Bronze = 30secs – 60secs
- Silver = 60secs – 90secs
- Gold = 91secs or more

