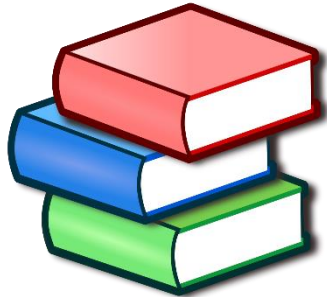


Premier League Champions





# Premier League Champions

*Can you complete each season securing enough points to get promoted from the National League all the way to being a Premier League Champion?*

- 10 challenges per season (PE/English/Maths/PSHE)*
- Points are secured by reaching a certain level on each challenge*
- Tally your points over the season to see if you get promoted*
- Minimal equipment is needed, if you don't have the required equipment can you use something from around the house e.g. socks instead of a tennis ball*
- Take pictures/videos completing the challenges and send to [jack.mountain@pne.com](mailto:jack.mountain@pne.com) to be entered into the prize draw*



## Season 1



- Complete all 10 fixtures in the season
- After the 10<sup>th</sup> fixture add up your points
- **20 points needed for promotion**



# Rugby: Kicking: KS1

## Game 1

### Curriculum links

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

### Challenge

- Players must kick the ball over a item- box, plant pot, little wall, bike, toys etc.

If no rugby ball, use any ball, toilet roll, ball of socks.



3 Points : Kicking the ball over 2 items

2 Points : Kicking the ball over 1 item

1 Points : Kicking the ball in the air



### Coaching points:

- Guide ball to foot
- Round of ball sits in round of foot
- Follow through with foot towards target



# Rugby: Retrieval: KS1

## Game 2

### Curriculum links

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

### Challenge

- Players must retrieve the ball from the ground.
- If no rugby ball, use other balls or household items.



3 Points : Retrieve a bouncing ball (ball bouncing on point)

2 Points : Retrieve a moving ball (normal roll in rugby)

1 Points : Retrieve a stationary ball

### Coaching points:

- Move towards ball.
- Bend at knees
- Pick up with two hands





# Rugby: Wall touch: KS1

## Game 3

### Curriculum links

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

### Challenge

- Players to stand next to a wall, with their backs towards the wall.
- Players must then rotate their body and touch the wall with the ball against the wall, both sides, mimicking a pass.
- Touching both sides is 1 rep.
- Don't drop the ball!



3 Points : 15+ reps

2 Points : 10 reps

1 Points : 6 reps

### Coaching points:

- Finger tips on ball, ball of palms.
- Ball pointing out.
- Touch wall with point of ball.
- Rotate body fully.
- Arms stretched out.



# English: Spelling KS1

## Game 4

### Curriculum links

- The process of segmenting spoken words into sounds before choosing graphemes to represent the sounds

### Challenge

- How many spellings from your weekly spellings list can you get right this week? Practise your words and get an adult to test you.



3 Points : 7+ spellings correct

2 Points : 4-6 spellings correct

1 Points : 1-3 spellings correct



Get an adult to help you to read out the words.

You can use a pencil and paper to help you.



# Gymnastics: Balance Challenge: KS1

## Game 5

### Curriculum links

Developing balance

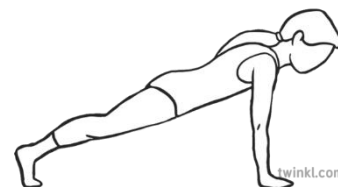


### Challenge

3 Points: Can you link 2 balances together, using a start and finish position?

2 Points: Can you hold a Front and Back support for 3 seconds each?

1 Point: Can you balance on 1 leg with arms out, holding it for 3 seconds?



### Coaching points

- Balances should be held for 3 seconds each
- Front support- shoulders the highest point, legs straight and together
- Back support- hips high, fingers pointing towards feet
- Start and finish present: girls=two arms boys= one arm





# Gymnastics: Shapes: KS1

## Game 6

### Curriculum links

*Use simple movement patterns*



### Challenge

- How many different Gymnastic Shapes can you show in 30 seconds?*

*3 Points: 7 or more*

*2 Points: 4-6*

*1 Point: 1-3*



### Coaching points

- Each shape must be held for 3 seconds*
- Gymnastic shapes must be used*
- Legs should be straight with pointed toes*
- Arms in the correct position for the shape*

# Football: Dribbling: KS1

## Game 7

### Curriculum links

Simple ball control



### Challenge

- Dribble the ball to the end cone and back using the inside of your feet only
- How many times can you get to the end and back in 45 seconds?
- when you get back to the beginning that will count as one



3 Points: 8 or more

2 Points: 4-6

1 Point: 2-3



### Coaching points

- Small touches of the ball
- Keep close control
- Keep your eyes on the ball



# FMS: Jumping: KS1

## Game 8

### Curriculum links

*Master basic movements including jumping*

### Challenge

*Find objects around the house that they can jump over, seeing how many objects they can jump over.*

*Start by jumping over 1, then 2, then 3.*

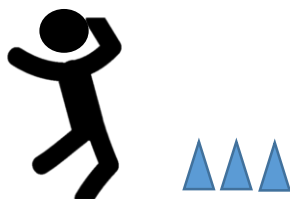
*When you are unsuccessful at jumping over a certain number of objects, the previous number will be your score.*



*3 Points: 5+ objects*

*2 Points: 3-4 objects*

*1 Point: 1-2 objects*



### Coaching points

*Feet in line with your shoulders  
with your toes pointing  
forwards*

*Eyes looking straight ahead.  
Swinging your arms to help  
with momentum*

*Bending your knees*

*Land softly, with your knees  
bent and feet in line with your  
shoulders*



# Maths: Counting KS1

## Game 9

### Curriculum links

- Count in multiples of twos, fives and tens to a given number

### Challenge

Starting at 0, try and count unto 70 three times

1. In twos
2. In fives
3. In tens



3 Points : Count in twos, fives and tens up to 70

2 Points : Count in twos, fives and tens up to 50

1 Points : Count in twos, fives and tens up to 20



Use a pencil and pen to write down the numbers to help you



# FMS: Leaping: KS1

## Game 10

### Curriculum links

*Master basic movements including jumping*

### Challenge

*Place an object on the floor and 10 steps in front of them place another object on the floor*

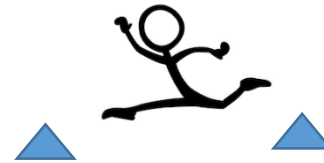
*They have to leap from one object to the other in as few leaps as possible*



*3 Points: 3-5 leaps*

*2 Points: 6-7 leaps*

*1 Point: 8 + leaps*



### Coaching points

- *Balance on one foot*
- *Leap and land on the other foot*
- *Bend your knees*
- *Swing your arms*
- *Hold the balance for 2 seconds after you land and make the next leap*





# End of the season

<u>Game</u>	<u>Points Scored</u>	<u>Total Points</u>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



*20+ points needed  
for promotion to  
League 2*

*If you don't have enough  
points for promotion, re  
do any game where you  
don't have full points.*

*Send your results, pictures and videos to [jack.mountain@pne.com](mailto:jack.mountain@pne.com)  
to be entered into a prize draw*

