

KS2 STEP UP TO THE PLATE

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES

ACHIEVE THE CHALLENGE:

The aim of this challenge is to achieve as many step up or jumps onto a raised platform in 60 seconds as you can

HOW TO PLAY:

1. Set up a raised platform to jump onto. This should be something sturdy and no more than 1 foot tall.
2. 5 meter (or 5 big steps) away from this platform, set up a marker.
3. When the timer starts, you should either step up or jump up to the platform and stand up straight onto it
4. Jump back down and then run to the 5 meter marker you set up
5. Run back to the platform and perform another jump or step up
6. Repeat this for 60 seconds to see how many jumps you can successfully complete

EQUIPMENT

- Markers: cones, socks, paper, exercise mat
- Stopwatch or clock to time the 60 seconds.
- To jump or step onto: A step, a short wall, sofa, chair, foot stool

ADAPTATIONS FOR AGE / ABILITY

- Try jumping two footed onto the step to make it harder
- Step up and down to make it easier



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SAFETY

- Ensure that the area is clear of hazards
- Don't use anything for your markers that you could slip on
- Try your jump out before competing to make sure you can manage it



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SCORING

- Award yourself 1 point when you complete a sequence of: jump up - jump back down - run to marker - run back to start

TIPS

- This challenge requires some co-ordination, so practice jumping first. If it's really difficult, step up and back down
- When stepping up, swap the leg you lead with each time to even things out. This way, you won't have just one tired leg!

SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.

