

Millgate School

Virtual Classroom

Year 8 Challenges



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Activity Sheet

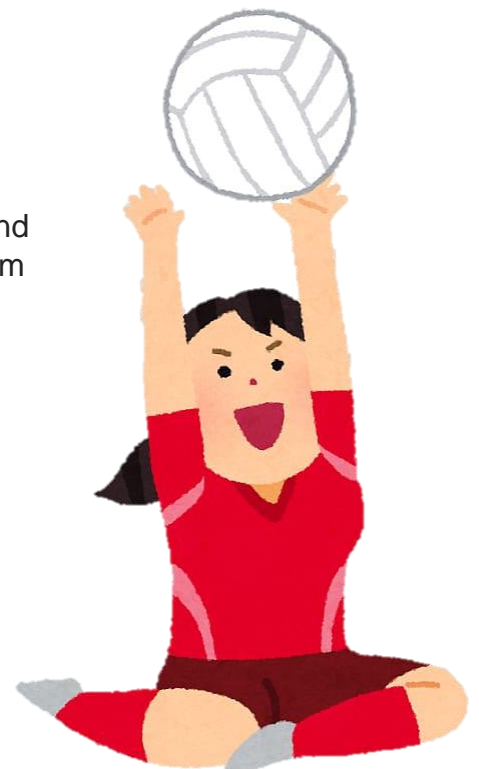
Task Card

Name: _____

Instructions: Sitting volleyball: You'll need a level space for this and somewhere to make a line along the ground. You'll also need a ball and at least two players.

How to play

- Mark out your court by using four markers. You could use anything you like for this such as hats or shoes.
- For the net make a line along the ground. You could use string, scarves or anything that can be placed on the ground in a line.
- Divide the players into two teams and take turns to serve by hitting the ball across the net to the other team.
- Two serves are allowed and these can be underarm, overarm, or throwing the ball into play.
- Players must stay seated throughout the game.
- If a team misses the court or lets the ball hit the ground in their court then the other team gets a point: first team to 10 wins.
- Alternatively, you could play the game indoors with a balloon.



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Keepy-uppy challenge: This is a good team game where everyone stands in a circle and tries to keep a ball, or balloon for younger children, in the air using football skills.

How to play

- All stand in a circle and try to keep the ball or balloon in the air.
- Only two touches are allowed at a time.
- Players can use foot, head, knee, shoulder.
- Can you keep it in the air for 5, 10, 20 touches?



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Paper chase: Here's a fun challenge which only needs a little preparation time.

How to play

- You will need about 3-4 sheets of paper and a pen.
- Cut the paper into about 40 equal-sized strips
- Write a number between 1 and 10 on each strip and draw a football on one.
- An adult hides the folded pieces of paper around a garden or a safe outdoor space with clear boundaries.
- You and a family member then search for the pieces of paper.
- There are two winners: the first to find numbers which add up to exactly 20 and the person who finds the football picture.



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Photo challenge: This is a search puzzle activity which provides a fun double challenge

How to play

You'll need scissors, a smartphone or a camera and a laptop/computer/tablet.

- Using scissors, cut out the five Premier League Primary Stars characters on the downloadable sheet provided.
- Place each one carefully outside then take a photo from a few metres back so that the figure can just be seen among plants, furniture or another backdrop.
- Do this in a different location for each one.
- Show the photos on a screen or TV for your quiz: who can spot the hidden character first?
- Then, why not go outside and find the characters in real life!



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

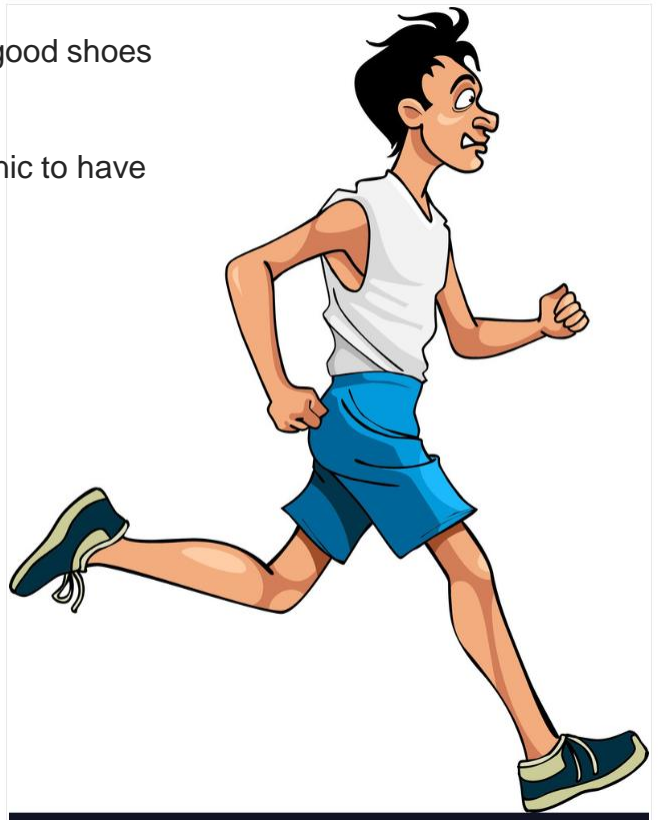
Name: _____

Instructions: Go far: Premier League footballers are very fit and run 10km on average during a match. See how far you can travel today

How to play

Why not be ambitious and see how far you can go without giving up by trying to climb a hill or attempt a long walk?

- Use a map or web search to find a local hill over 200m high, or plan a 5km walk. You could even try walking a kilometre for every year of your age.
- Be prepared for the weather: hats and good shoes are advisable.
- You could take a drink and fruit or a picnic to have at the end of your walk.



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Treasure hunt: You'll need a football and some paper and a pen to set up this exciting hunt for hidden things.

How to play

- Hide the ball somewhere in the garden or a safe place.
- On a small piece of paper, write a clue to help your child find the ball. For example, if it's hidden behind a tree, the clue might say, 'Look where there's something tall and woody.'
- Write a series of five numbered clues like this and give your child Clue 1.
- Clue 1 will lead to clue 2 which will lead to clue 3 and so on. Clue 5 leads to the ball, which is the 'treasure'.
- Make a list of where each numbered clue is hidden, in case you forget!
- When complete, encourage your child to create their own treasure hunt in the same way.



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: A game of choice: Here is a simple way to have some fun making some choices connected with football.

How to play

You'll need paper and pens.

- Write down some 'choose pairs', for example, Push ups or crunches?
- United or City?
- Half-time snack: apple or orange?
- Sprints or Jog?
- Lose 4-3 or lose 1-0?
- Kane or Salah?
- Arsenal or Chelsea?
- Overhead kick or bullet header?
- Win 3-0 or 5-4?
- Left-winger or Goalkeeper?
- Try your list out on someone, asking them to explain their choices.
- Adults can have a turn too!



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Team acrostics: Here's a chance to have a little wordplay fun together as a family.

How to play

- You'll need pens and paper.
- Each write down your own name, the name of your favourite Premier League team, with the letters arranged vertically, like this:
S – 20 BICYCLE CRUNCHES
P - 10 SQUATS
U – 5 BURPEES
R – 30 SECOND PLANK
S – 20 BICYCLE CRUNCHES
- Use the letters of your word and complete the exercises for each letter.
- If you are unsure what the exercise is please youtube it or ask someone.
- Make your team acrostics as wacky as you like.

A - 10 CRUNCHES
B – 10 JUMPING JACKS
C – 5 PUSH UPS
D - SQUATS
E – 30 SECOND WALL SIT
F – 15 ARM CIRCLES
G - MOUNTAIN CLIMBERS
H – 5 BURPEES
I – 30 SECOND PLANK
J – JUMP SQUATS
K – 10 LUNGES EACH LEG
L – 15 CRUNCHES
M – 20 HIGH KNEES
N – 10 TRICEP DIPS
O – 10 PUSH UPS
P - 10 SQUATS
Q – 20 JUMPING JACKS
R – 30 SECOND PLANK
S – 20 BICYCLE CRUNCHES
T – 30 SECOND WALL SIT
U – 5 BURPEES
V – 20 ARM CIRCLES
W – 10 LUNGES EACH LEG
X – 10 PUSH UPS
Y – 20 HIGH KNEES
Z – 10 BURPEES

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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Not attempted



Attempted



Completed



Challenge 1



Challenge 2



Challenge 3



Challenge 4



Challenge 5



Challenge 6



Challenge 7



Challenge 8