



— SPORT IRELAND —

# LONGFORD'S PRIMARY SCHOOL'S SKILL CHALLENGE



**Week 1 - Athletics**



**Week 2 - GAA**



**Week 3 - Rugby**



**Week 4 - Soccer**



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# INTRODUCTION

Welcome to Longford's Primary School Skill Challenge. This programme is open to all primary schools in Co. Longford. Please fill out the participation form and return them to your teacher for the chance to win a sports pack for your school.

During the skills challenge, each student will perform the skills individually practicing and performing the key game skills in Athletics, GAA, Rugby and Soccer. The QR codes can be scanned to view video demonstration and instructions of each skill.

**Disclaimer:** We advise these activities are supervised by a responsible adult/ guardian . Ensure the floor and area is clear, dry and free of obstacles before undertaking these activities. Each activity has instructions and video for you and the child to review before undertaking the activity . By allowing your child to undertake this challenge you are voluntarily allowing them to participate in these challenges, you understand there is a small possibility of injury while undertaking physical activity, assume all risk of injury to your child and agree to release and discharge Longford Sports Partnership and support partners from any and all claims or causes of action, known or unknown, arising out of participating in this challenge



# Using QR Codes to Access Youtube Videos

## Step 1

Open the Camer App from your device's home screen control centre or lock screen.

## Step 2
















Hold your device so that QR code appears in the viewfinder and you see a notification with a link.

## Step 3






Click on the notification to open the link associated with the QR code



# APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 	13 	14 	15 	16 	17
18	19 	20 	21 	22 	23 	24
25	26 	27 	28 	29 	30 	

# MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 	4 	5 	6 	7 	8

# PARTICIPATION FORM

**NAME:**

**AGE:**

**CLASS:**

**SCHOOL:**

Please tick the sections that you have completed



**Athletics**



**GAA**



**Rugby**



**Soccer**

Please return this form to your teacher



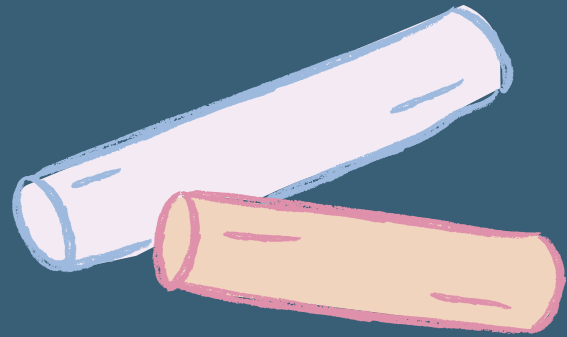
## Week 1 - Athletics

Complete the 5 events 3 times each, record your score each time and record your best score in the chart below

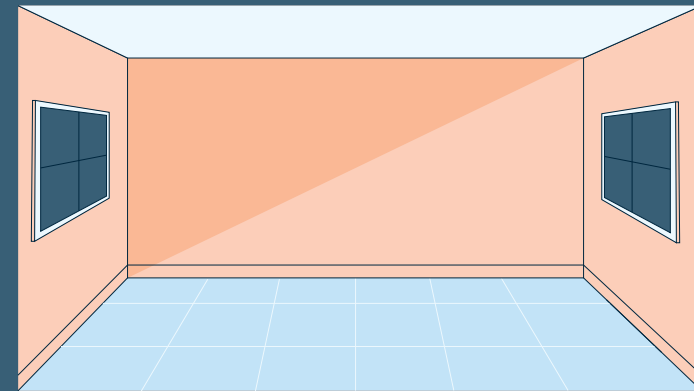
EVENT	TRIAL 1	TRIAL 2	TRIAL 3	BEST SCORE
Vertical Jump				
Standing TJ				
Standing LJ				
Shuttle Run				
Ball Push				

# Vertical Jump

## Materials



Piece of chalk



Wall

## Instructions

1. Stand with your back to a wall with your heels on the floor, stretch your arms up as high as you can with a piece of chalk between your fingers and thumb, mark the wall.
2. Stand about 20 cm from the wall, side on with the chalk between your finger and thumb, jump as high as you can and mark the wall again. Measure the distance between the lower chalk mark and higher mark.

### Tips

- Swing your arms for added propulsion, arms are quick and 'snappy'
- Bend through your ankles, knees and hips.
- Focus on explosive body action 'reach for the sky'.



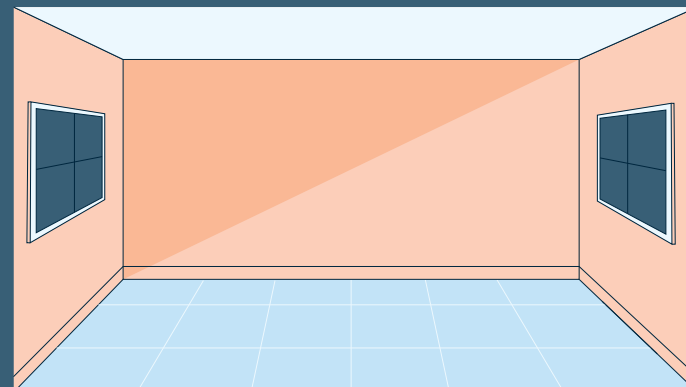
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# Standing Triple Jump

## Materials



Space (Inside or Outside)

## Instructions

1. A standing triple jump starts with a one footed take-off
2. Start with a hop onto the same foot followed by a jump/step onto the other foot and then jump onto both feet. Measure your distance from the take off marker to your nearest heel.

### Tips

- Use your arm swing for momentum and rhythm
- Practice the hop first and then add the step/jump to your other foot and then all three parts together



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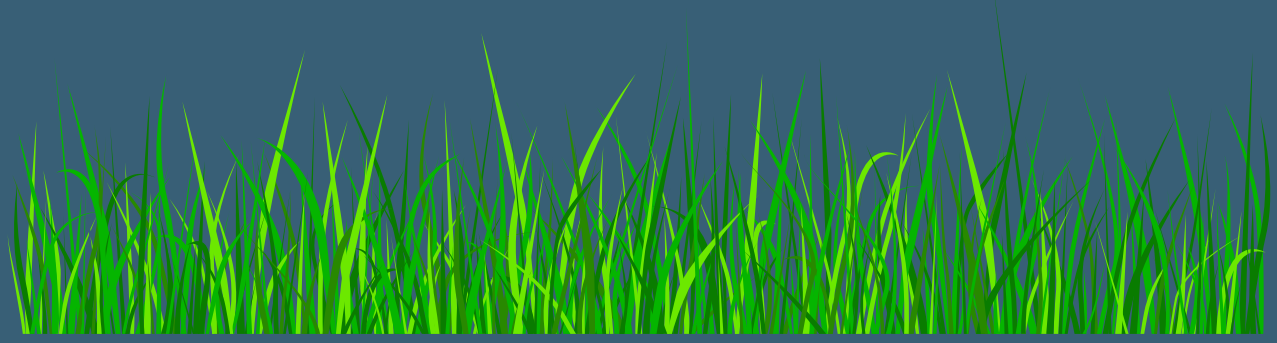


# Standing Long Jump

## Materials



Line or Marker



Space with soft ground eg grass

## Instructions

1. Stand behind a line or marker, rock your arms back and forth and bend at the knees and hips to set up for a good jump.
2. Both feet must leave the ground at the same time with a full extension of your ankles, knees, and hips. Measure your distance from the take off marker to your nearest heel.

### Tips

- Use soft ground, jump on grass
- Feet shoulder width apart
- Bend through the knees and hips
- Use your arm for propulsion
- Land with soft knees



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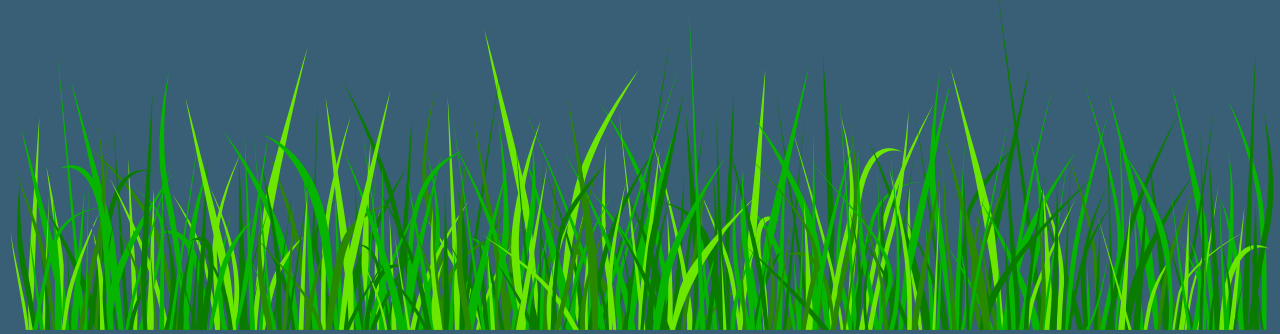


# Shuttle Runs

## Materials



2 markers



Space (Inside or outside)  
Grass is best

## Instructions

1. Place two markers 20 meters apart. Run between the markers.
2. Turn each time one of your feet passes a marker. See how many full lengths you can run in 30 seconds. Try again for a 60 seconds.
3. Run 4 lengths against a stop watch, see how fast you are.
4. See how many full lengths you can do in 60 seconds



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# Ball Push

## Materials



Line or Marker



Ball

## Instructions

1. Standing behind a marker, throw a football or basketball from your chest.
2. The ball is held against your chest and must be pushed with both hands .
3. Your chest should face forward with no trunk rotation.
4. Both feet should remain on the floor.
5. One foot can be in front, but no run up.
6. Measure your throw to where the ball hits the ground.

### Tips

- Bend your knees and straighten up whilst throwing the ball.
- To get your best distance release the ball at 45°



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# Week 2 - GAA

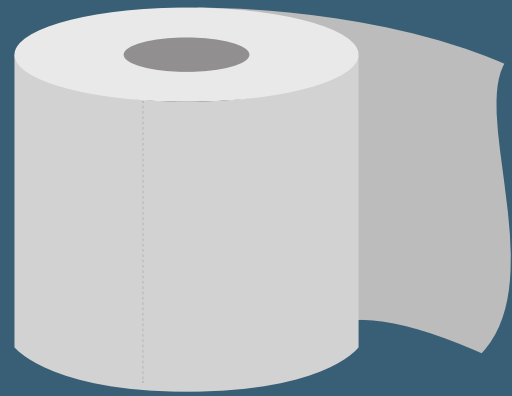
Complete the 5 events 3 times each, record your score each time and record your best score in the chart below

EVENT	TRIAL 1	TRIAL 2	TRIAL 3	BEST SCORE
Move The Pyramid				
Socks In A Pot				
2 Ball Solo Challenge				
Bounce & Twist Catch				
Flying Tea Challenge				

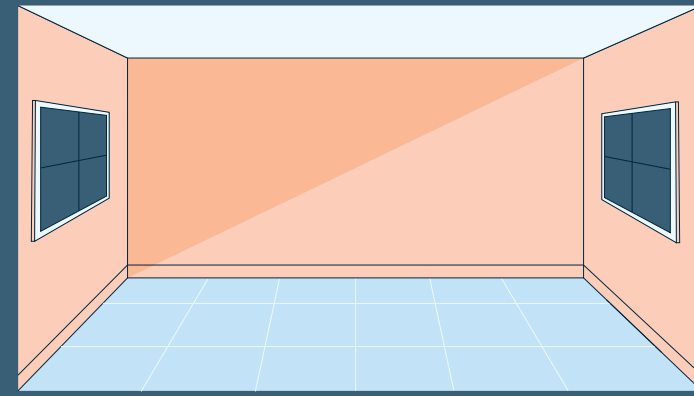


# Move the Pyramid

## Materials



10x Toilet Rolls  
(or 6 if you do not have 10)



Space in a room or outside

## Instructions

1. Build a pyramid using the toilet rolls on one side of your room
2. Get someone to time you
3. When they say GO, you must build the pyramid on the other side of the room as quick as you can
4. You can only move one toilet roll at a time
5. When you are finished, your partner will give you your time
6. Do it again and try to beat your own time!



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# Socks in a Pot

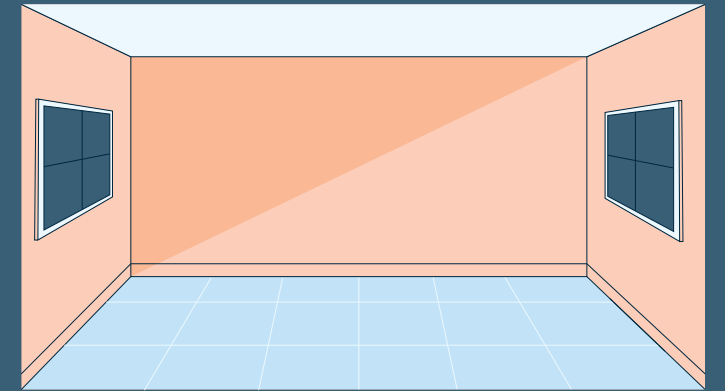
## Materials



3 x Rolled up Socks



A Saucepan, pot or small bucket



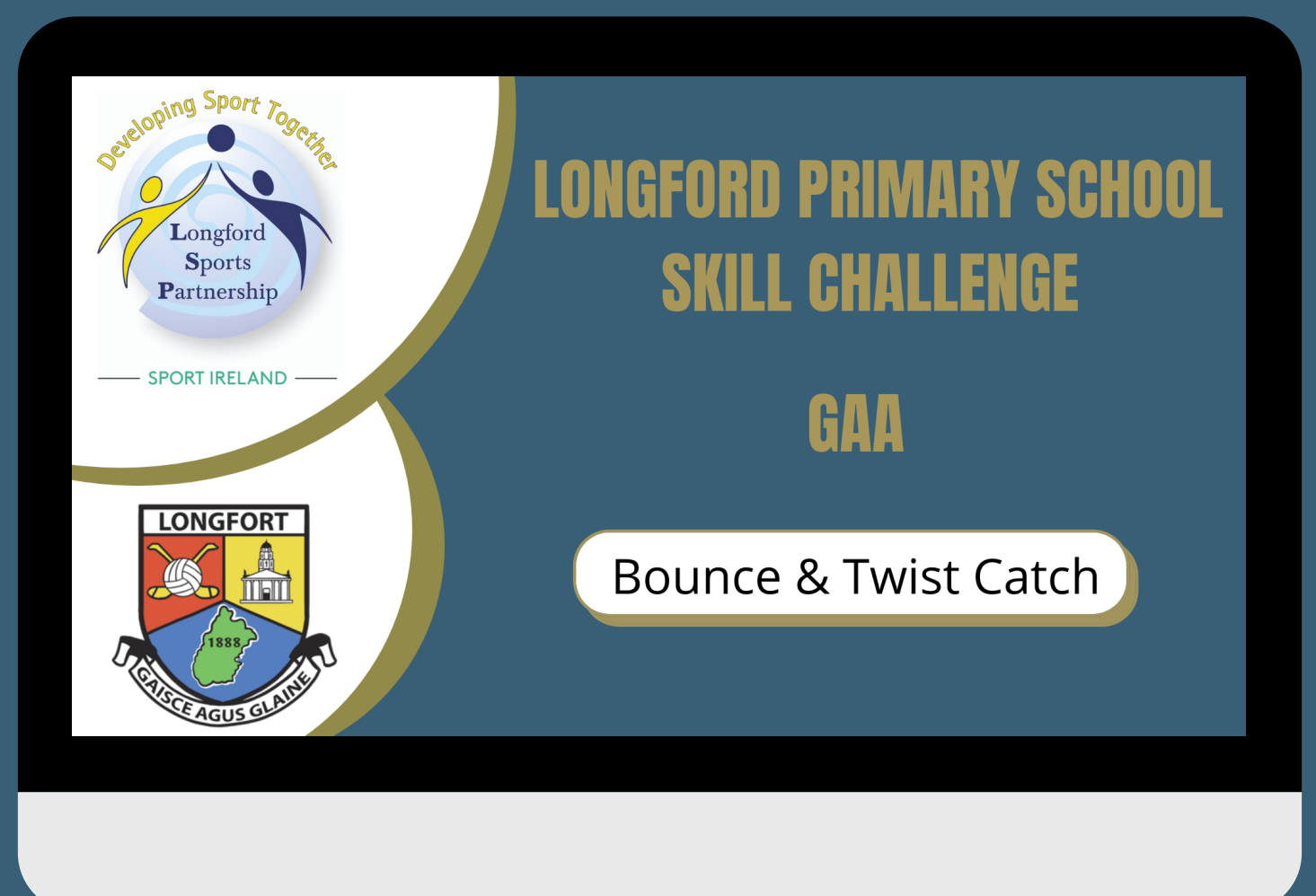
Space in a room or outside

## Instructions

1. Place a pot or bucket in one side of the room or in an area outside
2. Take 4 steps back from the pot
3. Throw all 3 pairs of rolled up socks into the pot
4. If it is too easy, take 6 steps back
5. You have 30 seconds to get as many socks into the pot as possible
6. You can only throw one pair at a time
7. When the time is up, make note of how many you got in the pot
8. Do it again and try to beat your own score!



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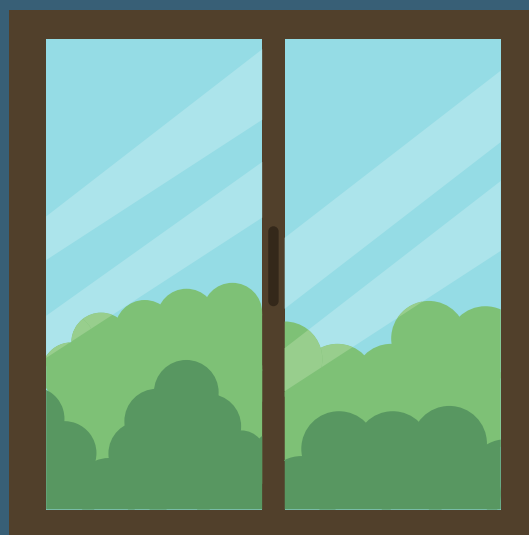


# Two Ball Solo Challenge

## Materials



2x Footballs (rolled up socks if you don't have footballs)



Some space in a room or outside



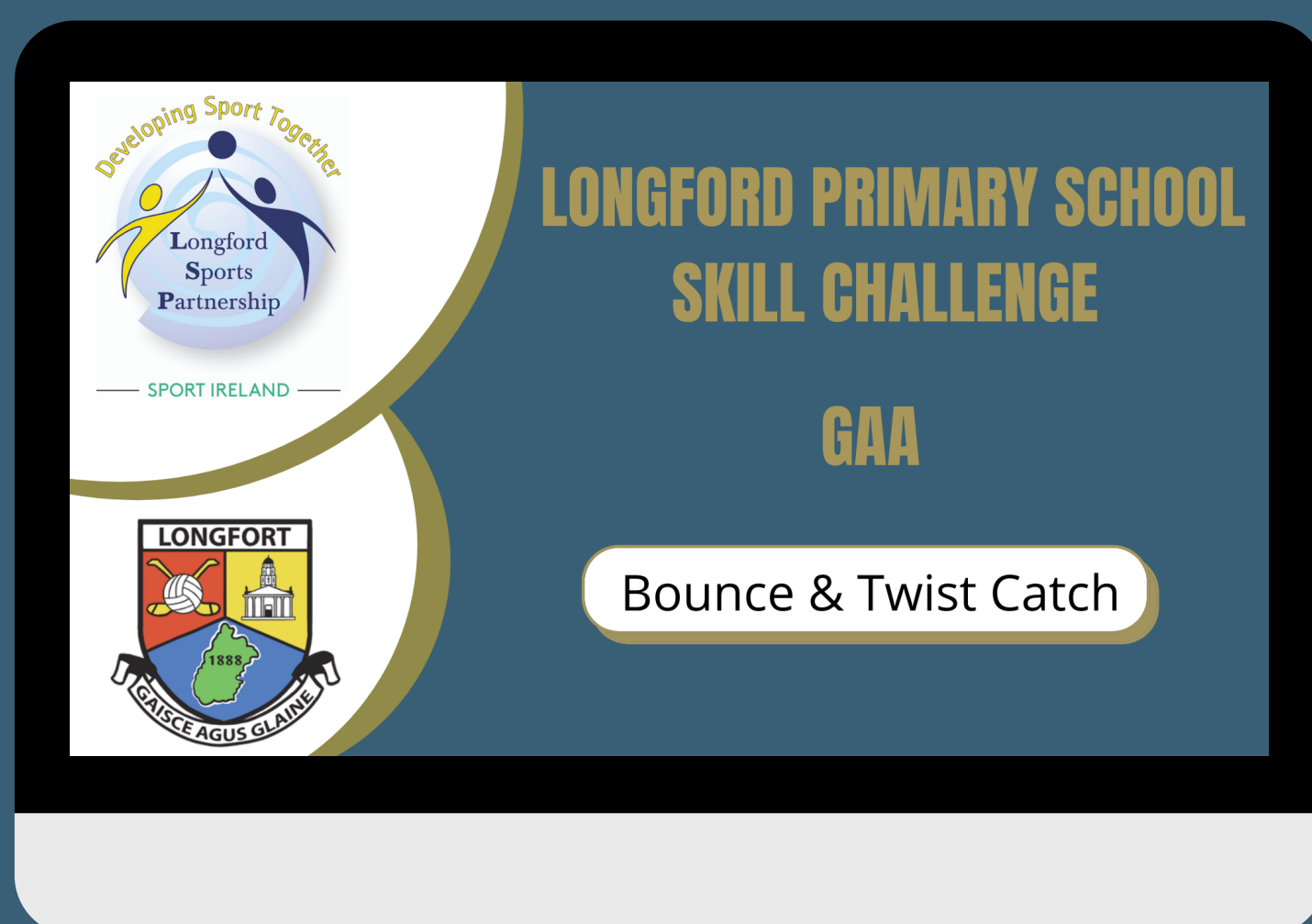
Parent's permission to use balls inside (better outside)

## Instructions

1. Take 1 ball in each hand
2. Drop the ball from your right hand on to your right leg and catch it again  
(This is called a solo for anyone that has not done it before)
3. Then drop the ball in your left hand on to your left leg and solo
4. Keep going swapping sides every time
5. Get someone to time 30 seconds for you
6. See how many solos you can get in the 30 seconds
7. When the time is up, make note of how many you solos you completed
8. Do it again and try to beat your own score!



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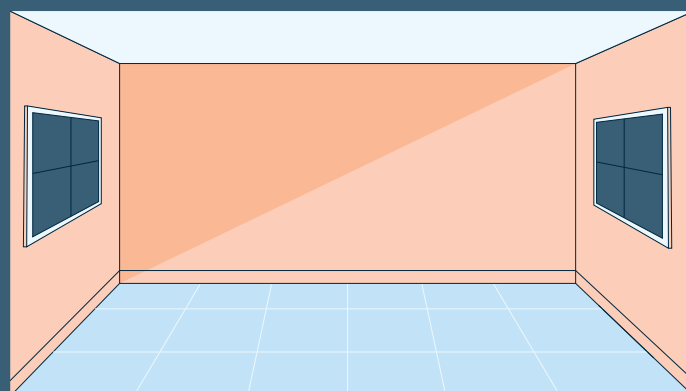


# Bounce & Twist Catch

## Materials



1 x Football (A bouncy one if possible)



Some space beside a wall (Inside or outside)



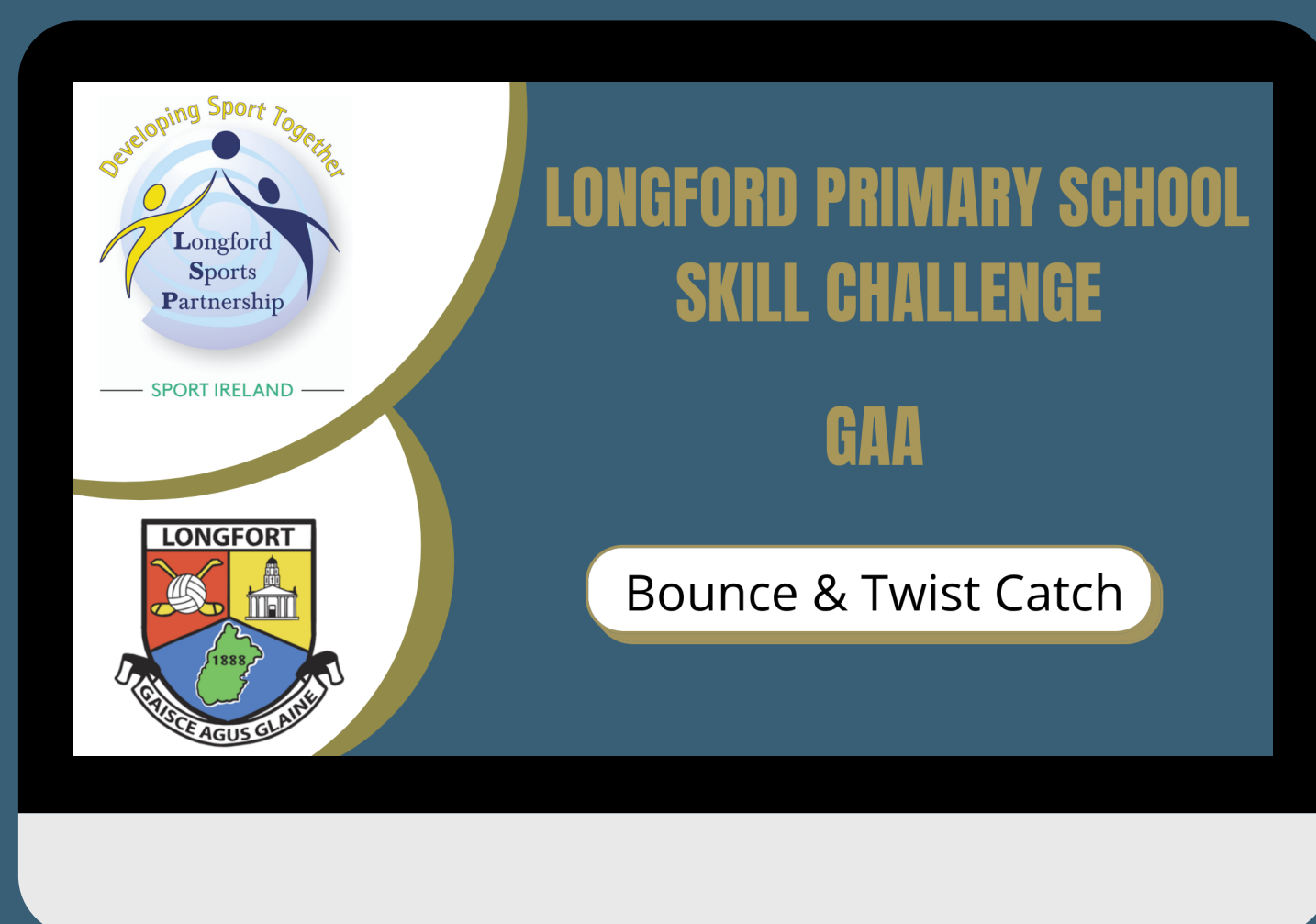
Parent's permission to use balls inside (better outside)

## Instructions

1. Take the ball in your hands
2. Turn around so your back is facing the wall
3. Try to bounce the ball between your legs, turn around quickly and catch the ball
4. Practice it a couple of times
5. Get someone to time 30 seconds for you
6. See how many catches you can get in the 30 seconds
7. When the time is up, make note of how many catches you completed
8. Do it again and try to beat your own score!



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# Frying Tea Challenge

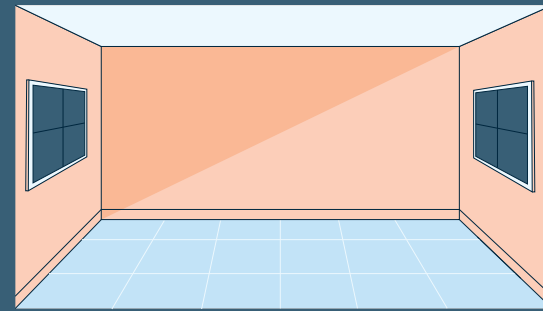
## Materials



1 x Tea bag



2 x frying pans  
or saucepans



Some space beside a  
wall (Inside or outside)



Parent's permission to  
use balls inside  
(better outside)

## Instructions

1. Take one frying pan in your hand and put the tea bag in the pan
2. Try to toss the tea bag up in the air and catch it again in the pan
3. Keep going to practice the toss
4. If it's too easy, have a frying pan in each hand and catch the tea bag in the other pan after tossing it, and back again
5. Practice it a couple of times
6. Get someone to time 30 seconds for you
7. See how many catches in the pan you can get in the 30 seconds
8. When the time is up, make note of how many catches in the pan you got
9. Do it again and try to beat your own score!



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## Week 3 - Rugby

Complete the 5 events 3 times each, record your score each time and record your best score in the chart below

EVENT	TRIAL 1	TRIAL 2	TRIAL 3	BEST SCORE
Around The World				
Clap Game				
Connect 4				
Target Game				
Clock Game				

# Around The World

## Materials



Rugby Ball



Timer

## Instructions

1. Start off with a ball in two hands
2. Set a timer and see how many times you can pass the ball around your body within that 30sec timeframe,
3. If you drop the ball, your turn is over. You can do this individually, or with someone else.



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# Clap Game

## Materials



Rugby Ball

## Instructions

1. Throw a ball up in the air, clap once and catch it, throw it up again and clap twice, throw again and clap 3 times.
2. Everytime you throw it up, you try and add on a clap and see what's the highest number you can get to, without the ball hitting the ground.



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# Connect 4

## Materials



Cones 2 different colours  
(If you have no cones use any object as a cone)

## Instructions

1. Place 4 lines of 4 cones, equal spacing between them.
2. You will have 2 sets of specific colour cones at the starting point, for example, red and blue.
3. On the go, one person from red and one from blue will run out with ONE cone only, and play it down on one of the 4 lines of 4 cones, when they run back, their teammate can go with their cone and the first to connect 4, wins.
4. You can only run with one cone at a time. If you run out of spaces and no one connected 4. Then you re rack and you start again.



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# Target Game

## Materials



3 Cones



Ball at each cone



Target

## Instructions

1. Get yourself a target, have one cone 1m away from the target, one cone 2m away and the last cone 3m away, the distance between cones and target, is completely up to yourself, choose what is comfortable to you!
2. Have a ball placed at each of the 3 cones, you will start off by shuffling to the side, when you get you the first ball, you will bend down, pick up the ball, and pass it to hit the target, then you shuffle to the next one, try and hit the target, and then to the last ball and same thing.
3. If you hit the target, award yourself 10 points, if you miss a target, deduct 10 points, you can have as many cones and shots as possible. But recommend 3 balls to start off with, so you can get the hang of it, then you can progress.



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# Clock Game

## Materials



7 Cones

## Instructions

1. You will need 7 cones for this. One cone will go in the middle, one about 5ft in front at the 12 dial, 5ft behind the middle cone at the 6 dial, one to the left at the 9 dial and one to the right at the 3 dial.
2. You will stand on the middle cone facing 12 o'clock cone. And you will Have 2 cones in your hands.
3. Someone will shout a time, and you must, as quickly as possible, throw the cones that you have, to the cone dials, to make that number, For example, if I'm standing in the middle and someone shouts 12:30, I will throw one cone at the 12 cone, and the other cone will be thrown at the 6 cone.
4. You can do this individually, or with someone else. The quickest to make the time, with the cones closets to the targets, wins.



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## Week 4 - Soccer

Complete the 5 events 3 times each, record your score each time and record your best score in the chart below

EVENT	TRIAL 1	TRIAL 2	TRIAL 3	BEST SCORE
<b>Dribling Grid</b>				
<b>Dribling Square</b>				
<b>Dribble To Shoot</b>				
<b>Control, Dribble, Shoot</b>				
<b>Passing Of The Wall</b>				

# Dribbling Grid 10 x 10

## Materials



Ball



Cones/Bottles or any other equipment you have in your home

## Instructions

Dribbling Practice focusing on keeping control of the ball with both feet,

1. Maintain control of the ball while being aware of space
2. Keep your head up while using both feet in order to dribble around the grid
3. Change of pace / direction in order to exploit space
4. Dribble by using the inside, outside and sole of your foot



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# Dribbling Square 2 x 2

## Materials



Ball



Cones/Bottles or any other equipment you have in your home

## Instructions

1. Maintain control of the ball while being aware of space
2. Dribble by using the sole of your foot
3. Change Direction
4. Use other foot to dribble



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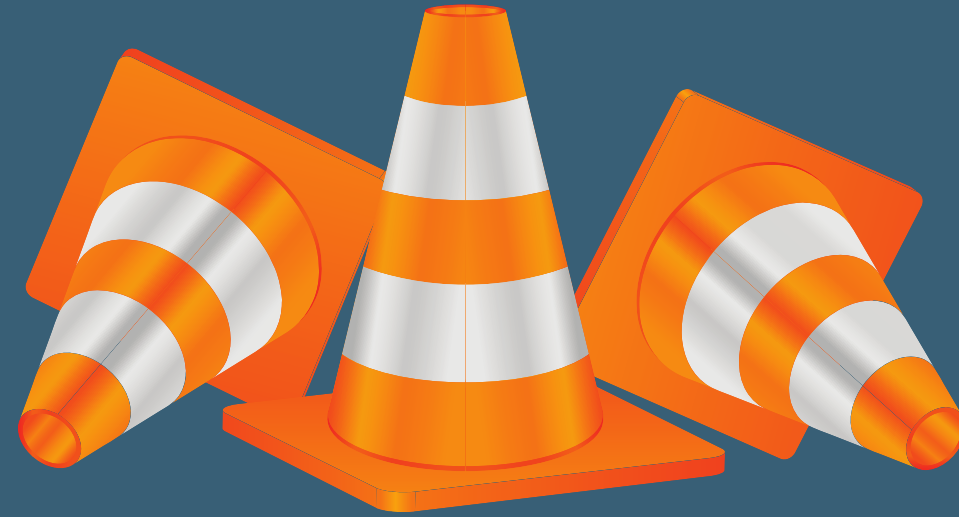


# Dribble To Shoot On Goal

## Materials



Ball



Cones/Bottles or any other equipment you have in your home

## Instructions

1. Maintain control of the ball while being aware of space
2. Dribble by using both feet
3. Focus on accuracy over power when shooting
4. Use other foot to dribble & shoot



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# Control, Dribble, Shoot

## Materials



Ball



Cones/Bottles or any other equipment you have in your home

## Instructions

- 1.Receiving the ball keeping good control
- 2.Dribble with both feet through cones
- 3.Focus on accuracy over power when shooting
- 4.Do it with other foot.



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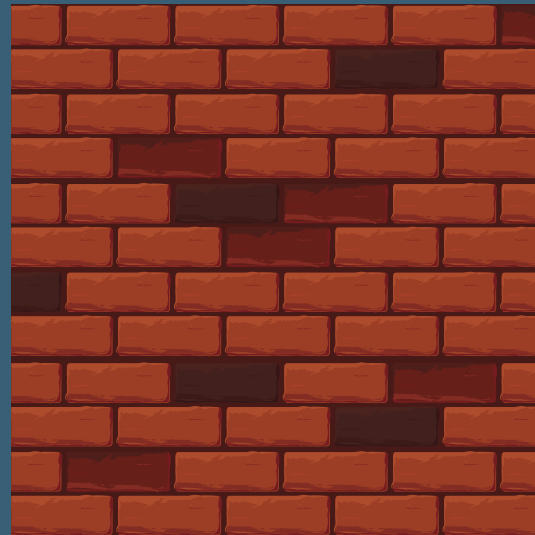


# Passing Off The Wall

## Materials



Ball



Wall



2 cones or 2 objects

## Instructions

1. Focus on accuracy of pass
2. Focus on weight of pass
3. Passing the ball with both feet



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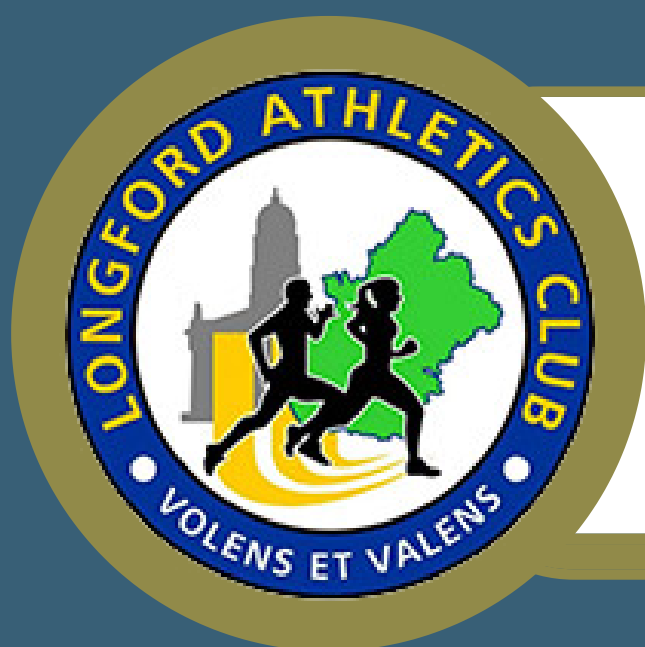


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