



Sheffield Activity Challenge

Key Stage 2

Developed by:

**Sheffield
Hallam
University**

Supported by:

 **Yorkshire
Sport
Foundation**

What is the Sheffield Activity Challenge?

When thinking of a child's physical literacy, the two main themes are a child's fitness and their fundamental movement skills. The Sheffield Activity Challenge is a tool that can be used to help your school and pupils to understand their fitness.



When people think of fitness, people often recall aerobic fitness (how far or long can you run), when in reality there are four main components to fitness. These are **suppleness, strength, stability** and **stamina**. By supporting a child with well-rounded fitness, they have the greatest opportunity to live a healthy, active lifestyle, and have positive experiences through engaging in physical activity, exercise and sport.

Research highlights fitness as one of the most important risk factors for ill health. If we can support children and young people to live an active life, we can have a significant impact on their wellbeing, as well as their physical and psychological health, both now and as they move into secondary school and beyond.

If children's activity habits and key fitness elements are developed and engrained within primary school, they are more likely to be active as adults and therefore enjoy all the benefits that a healthy and happy lifestyle brings. **Can you help us 'future proof' our children?**

The Sheffield Activity Challenge has been developed by researchers, fitness professionals and primary school teachers, ensuring that this tool is measuring the right aspects of fitness for primary school aged children, and can be easily implemented by teachers at school.

Teachers have used this tool in many different ways, with flexibility an important consideration in its design. For example, some teachers have incorporated the exercises into PE warm-ups, while others have used them in classroom movement breaks and even as play-time activities to do out in the playground.

Move More is Sheffield's physical activity strategy and aims to support Sheffield to become the most active city in the country.

Collecting measurable data year-on-year will help the city measure the impact of interventions, any impact of the changing environment we live in, or assist in positive behaviour change through understanding the different elements of fitness.

The aim of this tool is for schools to incorporate its four key elements throughout the school year. Then once a year, every primary school in Sheffield will complete this Activity Challenge to help the city steer its resources in a direction that best supports schools.

To date schools have highlighted four main benefits of the Sheffield Activity Challenge:

1. Understanding and developing the different components of fitness.
2. Supporting pupils to set personal goals and challenges, and concentrate on their own performance.
3. Increase variety and knowledge in different movements for warm-ups / cool-downs.
4. To use the individual results as a discussion point with parents in parents' evenings.

Our mission

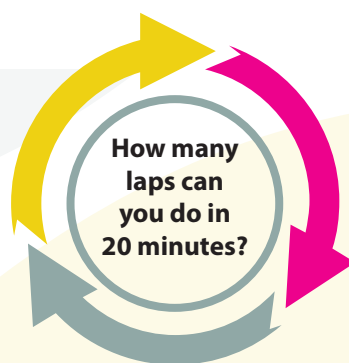
The Sheffield Activity Challenge hopes to inspire and engage pupils, staff and parents to develop areas of fitness that will help them lead a happy, healthy and active lifestyle now and in the future.

Activity area	Bronze	Silver	Gold	Platinum	Diamond
Stamina	★	★	★	★	★
Stability	★	★	★	★	★
Strength	★	★	★	★	★
Suppleness	★	★	★	★	★

STAMINA

Create a large area with cones (e.g. rectangle, oval)
All children asked to run 5/10 for as long as possible (max 20 mins). When they can't run any more, walk for the remaining time, and encourage to run if they feel they can again.

Teachers: You could do this as a class or you could mix the class up to two or three stations if you see necessary (such as random selection).



Scale:

- 1: You are asleep
- 10: You are being chased by a lion and can't keep that pace of running for very long
- 5/10: You should be able to easily have a chat with your friend for the entire time you are running. Can you keep running at the same 5/10 pace for as long as you can

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Challenge the children to see how many laps they can do. The medal they earn is still based on the amount of minutes they run in their first attempt.



KEY STAGE 2

Bronze Level:
2 min



Silver Level:
6 min



Gold Level:
10 min



Platinum Level:
16 min



Diamond Level:
20 min



STABILITY

KEY STAGE 2



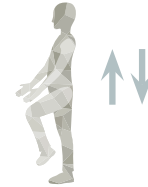
Bronze Level:

1 legged hop **x5** then hold **dominant leg**



Silver Level:

1 legged hop **x5** then hold - **non-dominant leg**



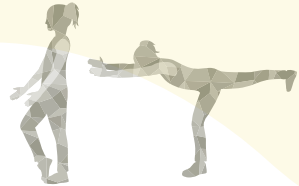
Gold Level:

Plank on forearms **15 seconds hold**



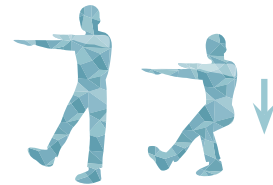
Platinum Level:

Single leg balance and reach using both hands, hold for **10 seconds**.
Start on non dominant leg, without losing balance – need to complete on each leg



Diamond Level:

Pistol Squat to parallel **x2**
(in succession) without losing balance-dominant leg



STRENGTH

KEY STAGE 2



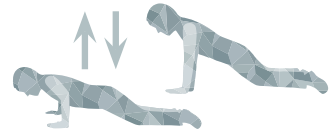
Bronze Level:

Knees press up
(knees at 90degrees, parallel with hips)
on floor **x 10**



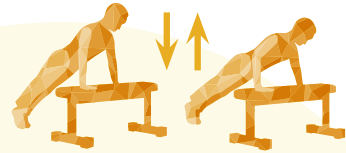
Silver Level:

3/4 press up (get in press up position
then drop knees - 45degrees) on floor **x 10**



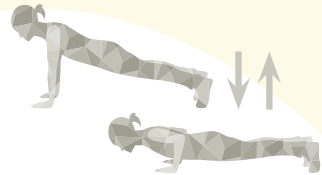
Gold Level:

Leaning full press up with hands on bench
x5



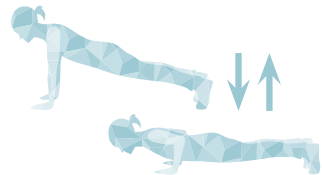
Platinum Level:

Full press up on floor **x 5**



Diamond Level:

Full press up on floor **x 8**



SUPPLENESS

KEY STAGE 2



Bronze Level:

The Snake **(hold for 5 seconds)**



Silver Level:

Lizard Pose on hands (not forearms)
(hold for 5 seconds)



Gold Level:

Sit and reach touch toes while keeping
legs straight
(hold for 5 seconds)



Platinum Level:

Sit and reach grip around ankles
(hold for 5 seconds)



Diamond Level:

Sit and reach, grip around ankles and head
between legs **(hold for 5 seconds)**



Name

Class

Date



ACTIVITY AREA	BRONZE ★	SILVER ★	GOLD ★	PLATINUM ★	DIAMOND ★
Stamina					
Stability					
Strength					
Suppleness					

What area(s) would you like to improve (e.g. suppleness)?

Why do you want to improve this area?

How are you going to improve this area?



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