



Personal Best & School Participation Competition.



Schools involved:

- ✓ Cuckoo Hall Primary
- ✓ Woodpecker Hall Primary
- ✓ St Peter & St Paul Catholic Primary
- ✓ Holy Innocents Catholic Primary

Weekly challenges will go up on the Cuckoo Hall website for you to challenge yourself at school or at home. Once you have done the challenge a few times and you are happy that it is your personal best score, please send your results back via this link below 😊

- **Link to upload your score:**
<https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoTZ9ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSVdYVY4u>
- You can find precious weeks' challenges to try again, school leader board to keep up to date on the competition and you can also find many other ways to help support you to stay active on this website:
[Staying active | CHAT Academies \(cuckoohallacademy.org.uk\)](https://www.cuckoohallacademy.org.uk)

Competition:

- **Competition 1 – Personal best:** Can you improve your score and reach your personal best for each challenge.
- **Competition 2 – School participation:** We want to see what schools are completing the challenges and being the most active, so when you send in your results via the link above, your school will receive 1 point. It is so important you complete the form if you want your school to get your point.

Which school is going to win this week's participation competition? Every Friday results will be taken, and the leader board will be updated for you to see how your school is doing.

Sporting spirit values: Remember to show the sporting spirit values when completing these challenges.

Passion / Teamwork / Self-belief / Respect / Honesty / Determination



BE THE
BEST
YOU
CAN BE





Air Balloon 60 Second Challenge



Can you keep trying even if you lose a life?

Can you keep the balloon up in the air for 60 seconds?



Pupils start with ten lives. If the balloon touches the floor you lose a life. The more lives you lose the lower your score.



How many lives will you have after 60 seconds? Good luck with this challenge, I hope you enjoy playing 😊 Remember to do this challenge as many times as you can during the week to try and beat your personal best score and to stay active.

Challenge yourself further: Try using different body parts to keep it up not just hands, only use one hand, play with a partner taking one turn each to keep it off the floor or even try to sit down and then stand up while keeping it up.

Equipment: You can use many items if you don't have a balloon.

Rolled up socks

Paper ball

Toilet roll

If you have them all why not try every object and see which one is the easiest and hardest.

Benefits of this challenge: Hand eye co-ordination / co-ordination

Safety: Please remember to play this game with enough space.

Send in your videos via DB primary if you have permission (**Cuckoo & Woodpecker Only**).

Please use the link below to add your scores so your school can earn 1 point towards their weekly total.

Link to upload your score:

<https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoT29ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSVdYVY4u>

Which school will win the week 5 challenge?