

# NEHSSP & School Games Stairs Challenge

If your in a wheelchair – 1 push forward = one step

How many stairs can you climb each day?

Create a Scrapbook of your Stairs Challenge – Research each building/landmark – write about it, and insert pictures of you doing your challenge



– School Sport Partnership –

If you don't have stairs – March on the Spot

Week 1 Results

Week 2 Results

Week 3 Results

Week 4 Results

Make a note of the number of stairs you climb each day – at the end of the week click the link and send them to NEHSSP

## How Many Steps to Famous Buildings or Landmarks

Millennium Dome, London 315

Big Ben', England 630

Forth Rail Bridge, Scotland 675

BT Tower, Birmingham, England 990

Blackpool Tower, England 1,035

Canary Wharf Tower, England 1.605

CN Tower, Toronto, Canada 3,495

Slieve Donard, Northern Ireland 5,400

Scafell Pike, England 6,180

Snowdon, Wales 7,125

Ben Nevis, Scotland 8,805

Mont Blanc, France 30,420

Mount Kilimanjaro, Tanzania 38,670

Mount Everest, Nepal 58,065

Hertfordshire



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# NEHSSP & School Games Skipping Challenge

See how many challenges you can complete

If you don't have a skipping rope what else could you use?

Make sure you keep track of your skipping totals and send results by clicking on the results link to NEHSSP

Individual Skip Results

Class skip

Individual Weeks skip result

Team Challenge skip results

Most improved skip results

School Challenge Results

Teacher skip results

## Skipping Challenges:

**Individual Skip:** Pupils will complete a 2 minute skipping challenge – and need to count the number of skips they do within that two minutes

**Individual Weeks skip:** Five 2 minute skips completed and added together to create a weeks score for each child

**Most Improved skip:** Five 2 minute skips completed – record the difference between skip 1 and skip 2

**Teacher Skip:** Teachers complete one 2 minute skip and score recorded – Intra School event

**Class Average Skip:** One 2 minute skip completed by every pupil in the class and an average create. Send your results to your teacher who will put them together.

**Team Challenge:** 4 people create a team – Pupils, Staff and Family competitions available  
The team of 4 have to complete a 4 minute skip – one person at a time using one rope only – no stipulation on the amount of time each person has to skip for as long as they all skip. – score is the total skips completed by all 4 people within the 4 minutes

**School Challenge:** Complete one 2 minute skip for each class/pupil – add up the total skips for the 2 minutes of every pupil that takes part and create a year group result and a school average. Send your results to your teacher who will complete the results sheet.

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