



SHS School Challenge 5: A new school record.

Your challenge this week is a physical one so get into training! At the moment we do not have a Spalding High **School Record** for the highest number of star jumps completed in one minute.

We are going to change that!

For this challenge you need to:

Step 1:

Practice doing star jumps.

In order to be counted as a “proper star jump” you must make sure:

1. Your feet go beyond shoulder width apart
2. Your arms go above your head so that your hands touch

Only valid star jumps count towards the total. Mr Farrell has produced a great little coaching video for you to watch. We have emailed it to you on the school account so have a look and listen (*although perhaps not all of his star jumps meet the criteria above and so I think I might need to adjudicate his total! Mrs A*) Please do not share his video outside of the school email system.

Step 2:

When you are happy with your technique ask a family member to film you doing star jumps for exactly 60 seconds. Save the video.

Step 3:

Use the school email system to upload your film and send it to your PE teacher. In the subject title of the email write your name, form and the total you think you had eg Joanne Smith 8C 76.

Your PE teacher will assess your star jumps and decide how many “proper” star jumps (according to the rules above) you have achieved.

They will not tell you at this stage how many jumps you have achieved or how many jumps they have disqualified.

Step 4:

The PE staff will collate your adjudicated results with Mr Farrell and he will issue the Final Results sheet to Mrs Ray and Mrs Anderson who will announce the results of the new School Record on the school website, student email and parental letter. We will be awarding Gold, Silver and Bronze certificates for each year group separately so that each year group has its own school record.

THERE WILL ALSO BE ONE FOR THE HIGH SCHOOL STAFF – SO COME ON GET INVOLVED!

Your recordings will not be uploaded onto social media or the school website (unless we agree this with you first.)

We will issue house points for all entries including the staff.

The deadline for this challenge is **Friday 5th June.**