

The Kent School Games Organisers have searched through the School Games Challenge Cards (fully available to you through www.yourschoolgames.com) to support PE Leaders and Teachers in selecting appropriate Sport-based Challenges that can be adapted to engage children and young people at home.

The Challenge Cards are resources provided by all National Governing Bodies of Sports involved in the School Games Programme – contact your School Games Organiser if you are unable to access the Your School Games website.

Some children may not have the appropriate equipment available to complete the challenge, however we are sure that you can suggest creative replacements such as aluminium foil balls and saucepans!

Before promoting any physical education, physical activity, physical literacy or sport-based challenges, please make sure you are clear on the difference between each category, and what you are actually setting for your children and young people to participate in.

And finally, please make sure that we are looking after our children and young people whilst they are online. Whether that is by promoting learning platforms or undertaking remote teaching, Kent Sport has provided information on its website to ensure that we keep our children safe online - www.kentsport.org/coronavirus/coronavirus-children-and-families/coronavirus-safeguarding/.

The following sports do not have appropriate challenges to complete ‘at home’ based on the School Games Challenge Cards, but you may wish to still look at the Challenge Cards and plan Intra-School Challenges for when you do return to school.

Archery	Dodgeball	Fencing	Handball	Hockey
Panathlon	Rowing	Rugby Union	Squash	Swimming & Aquatics

Good luck, have fun and enjoy the sport-based challenges that we have selected for you #stayinworkout.

From all of the Kent School Games Organisers and the team at Kent Sport

AMERICAN FOOTBALL

www.yourschoolgames.com/app/sports/sport-format-resources/1/

Quarterback Challenge Individual, Pair or Family

ATHLETICS

www.yourschoolgames.com/app/sports/sport-format-resources/3/

Standing Long Jump Individual, Pair or Family

BADMINTON

www.yourschoolgames.com/app/sports/sport-format-resources/4/

Lunge, Catch, Throw and Return Pair or Family

BASKETBALL

www.yourschoolgames.com/app/sports/sport-format-resources/5/

Dribble Relay Individual, Pair or Family

BOCCIA

www.yourschoolgames.com/app/sports/sport-format-resources/6/

Beach Ball Blast Individual, Pair or Family

BOXING

www.yourschoolgames.com/app/sports/sport-format-resources/7/

Range Finder Individual, Pair or Family

CANOEING

www.yourschoolgames.com/app/sports/sport-format-resources/8/

Flexi Figure 8 / Storming Slalom / Canoe Topsy Individual, Pair or Family

CRICKET

www.yourschoolgames.com/app/sports/sport-format-resources/9/

Chance To Shine Skills Stations Individual, Pair or Family

CYCLING

www.yourschoolgames.com/app/sports/sport-format-resources/10/

Go-Ride Circuit Relay Individual, Pair or Family

DANCE

www.yourschoolgames.com/app/sports/sport-format-resources/11/

Actions, Dynamics or Space Individual, Pair or Family

EQUESTRIAN

www.yourschoolgames.com/app/sports/sport-format-resources/13/

Dressage Arena Individual, Pair or Family

FOOTBALL

www.yourschoolgames.com/app/sports/sport-format-resources/15/

Through the Gate Individual, Pair or Family

GOALBALL

www.yourschoolgames.com/app/sports/sport-format-resources/16/

Cone Challenge Individual, Pair or Family

GYMNASTICS

www.yourschoolgames.com/app/sports/sport-format-resources/18/

Floor work – one foot balance Individual, Pair or Family

GOLF

www.yourschoolgames.com/app/sports/sport-format-resources/17/

Drive for Show, Putt for Dough Individual, Pair or Family

JUDO

www.yourschoolgames.com/app/sports/sport-format-resources/21/

Tig Pair or Family

NETBALL

www.yourschoolgames.com/app/sports/sport-format-resources/23/

Jump, Land, Balance Individual, Pair or Family

NEW AGE KURLING

www.yourschoolgames.com/app/sports/sport-format-resources/24/

Skittles Individual, Pair or Family

ORIENTEERING

www.yourschoolgames.com/app/sports/sport-format-resources/25/

Matching Symbols Relay Pair or Family

POLYBAT

www.yourschoolgames.com/app/sports/sport-format-resources/26/

Poly Squash Pair or Family

ROUNDERS

www.yourschoolgames.com/app/sports/sport-format-resources/27/

Easy Up, Keep Up Individual, Pair or Family

RUGBY LEAGUE

www.yourschoolgames.com/app/sports/sport-format-resources/28/

Kick Challenge Individual, Pair or Family

SAILING AND WINDSURFING

www.yourschoolgames.com/app/sports/sport-format-resources/30/

Sailing and Windsurfing – Points of Sail Individual, Pair or Family

SOFTBALL

www.yourschoolgames.com/app/sports/sport-format-resources/31/

Throwing Strikes Individual or Family

TABLE CRICKET

www.yourschoolgames.com/app/sports/sport-format-resources/34/

Skittle Cricket Pair or Family

TABLE TENNIS

www.yourschoolgames.com/app/sports/sport-format-resources/35/

Balancer Shuttle Run – Backhand Individual, Pair or Family

TENNIS

www.yourschoolgames.com/app/sports/sport-format-resources/36/

Bounce About Individual, Pair or Family

TRIATHLON

www.yourschoolgames.com/app/sports/sport-format-resources/37/

Tri Transition Individual, Pair or Family

ULTIMATE FRISBEE

www.yourschoolgames.com/app/sports/sport-format-resources/209/

Disc Accuracy Individual, Pair or Family

VOLLEYBALL

www.yourschoolgames.com/app/sports/sport-format-resources/38/

Can you dig it? Pair or Family

WHEELCHAIR BASKETBALL

www.yourschoolgames.com/app/sports/sport-format-resources/39/

Inclusive Zone Basketball Countdown Family