



GATESHEAD SCHOOL SPORT PARTNERSHIP

VIRTUAL LEADERSHIP CHALLENGES

CHALLENGE 1 – SPORT WHEEL OF FORTUNE

To complete this challenge you must create a 10 minute warm up / skill based activity on a chosen sport. However to add a little surprise the wheel of fortune decides the sport for you! Simply follow the link via the image on the right and spin that wheel! Once you've finished planning your activity then why not test it out on a friend or family member from your household? If they find it too easy then think of ways that you could adapt the challenge to make it harder or vice versa.



CHALLENGE 2 – FAMILY FITNESS SESSION

This challenge gets the whole family involved! From Burpees to Mountain Climbers, sits ups or press ups – it's completely up to you as to how hard you want to make your family work! Click on the image to take a look at this Card Deck Fitness Game for some ideas or if you're feeling creative then come up with your own! Don't forget to send us your video / photos of the family getting involved @GatesheadSSP!



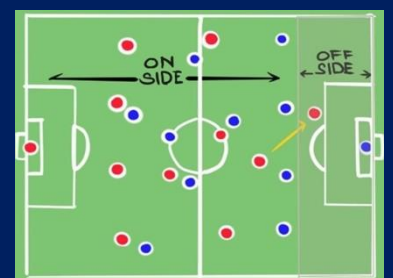
CHALLENGE 3 – OBSTACLE COURSE

This challenge is for all ages and can be done indoors or outdoors! Simply create any obstacle course of your choice- make a hurdle out of the washing basket or slalom out of toilet rolls, the possibilities are endless! Don't forget to take a picture of your obstacle course and share it with us @GatesheadSSP! You could even have a race with the family and time who can complete it the quickest!



CHALLENGE 4 – KNOW THE RULES

To complete this challenge you must choose 3 rules from a sport of your choice. You must then teach someone else in your household these 3 rules. See if you can teach them well enough that they can pass their new knowledge onto someone else! Then ask the last person to teach you the rules to see whether your teaching helped them all get it right or if Chinese Whispers got the better of them!



CHALLENGE 5 – TRUST ME

Team Building and Trust are important in leadership, so your final challenge is to get someone in your household to trust you! For this challenge ask a member of your household to put on a blindfold and you then lead them around the garden/ house from start to finish. If you're finding this too easy then why not challenge yourselves and guide them blindfolded around your obstacle course from Challenge 3!



LET US KNOW HOW YOU GET ON...