

The GMAA Clash of the Classes!

GMAA Elementary Skills Challenges

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The GMAA Clash of the Classes explained...

The skill challenges are;

1. Basketball- # of successful free throws in 5 minutes
 2. Volleyball- # of successful serves in 5 minutes
 3. Soccer/Futsal- # successful passes in 5 minutes
 5. Rugby- # of successful passes in 5 minutes
 6. Flag Football- # of successful place kicks in 5 minutes
 7. Track & Field- # of laps in 5 minutes
 8. Track & Field- # of successful shot-put throws in 5 minutes
 9. Ultimate Frisbee- # of successful throws in 5 minutes
- All challenges will be done and tallied by class
 - Once a class challenge is completed there will be a google form available to complete.
 - A draw will be done in June, for every class challenge that the school completes and submits, their school name will be put into the draw. Ex: 5 class challenges = 5 draw entries
 - All grades are welcome – modifications can be made to the challenges based on skill level.

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Basketball Basket Challenge

CHALLENGE:

- Students have 5 minutes to complete as many made baskets (lay-ups, free throws, elbow shots etc..) as possible as a team.

ORGANIZATION:

- Two or more teams of 5 to 10 students.
- The teacher decides where the shots are to be taken from depending on the modifications for cycle 1, 2 or 3.
- Students take their shot, get their rebound, pass the ball to the next person in line and go to the back of the line, this continues until time runs out.
- Teams will count made baskets out loud to keep track.
- The minimum goal to receive one draw credit is: **Cycle 1: 10 baskets Cycle 2: 10 baskets Cycle 3: 20 baskets- Bronze Level**
- The minimum goal to receive two draw credits is: **Cycle 1: 20 baskets Cycle 2: 30 baskets Cycle 3: 40- baskets- Silver Level**
- The minimum goal to receive three draw credits is: **Cycle 1: 30 baskets Cycle 2: 40 baskets Cycle 3 : 50 baskets- Gold Level**

EQUIPMENT:

- 1 basketball (per team)
- 1 basketball net (per team)
- Student observer & result sheets (per team)

DURATION:

- 5 minutes

Volleyball Serve Challenge

CHALLENGE:

- Students have 5 minutes to complete as many serves over the net and onto the target mat as a team.

ORGANIZATION:

- Form groups of 4 to 6 students.
- Type of serve can be modified to accommodate the skill level of the students (ex: underhand serve, overhand serve or a throw.)
- Net height and service line can be modified to accommodate the skill level of the students.
 - EXAMPLE: Grades 5 & 6-Serve behind service line with net at full height, (Overhand, underhand, teacher decides)
 - Grades 3 & 4-Serve in front of the service line and behind the t line with net at full height (Overhand or Underhand, Throw, teacher decides)
 - Grades 1 & 2-Serve from the t line and badminton height net. (Throw underhand toss or overhand toss, teacher decides)
- Use mini volleyballs, MVA 123 SL if possible.
- Students take their serve, retrieve their ball, pass the ball to the next person in line and go to the back of the line, this continues until time runs out.
- Target mat should be placed where position 6 stands when the team is in a W formation.
- The minimum goal to receive one draw credit is: **Cycle 1:** 5 serves **Cycle 2:** 10 serves **Cycle 3:** 15 serves- **Bronze Level**
- The minimum goal to receive two draw credits is: **Cycle 1:** 7 serves **Cycle 2:** 15 serves **Cycle 3:** 20 serves- **Silver Level**
- The minimum goal to receive three draw credits is: **Cycle 1:** 10 serves **Cycle 2:** 20 serves **Cycle 3 :** 25 serves-**Gold Level**

EQUIPMENT:

- 1 volleyballs (per team)
- 1 volleyball net (for every 2 teams)
- 1 mat (per team)
- Student observer & result sheets (per team)

DURATION:

- 5 minutes

Futsal Pass Challenge

CHALLENGE:

- Students have 5 minutes to make as many successful passes between the cones as possible as a team.

ORGANIZATION:

- Two or more teams of 5 to 10 students
- Place cones 3 meters apart from each other (size of a futsal net)
- The team is lined up facing 3 meters from the cones.
- The first player steps forward and must kick the ball with the inside of their foot (pass) towards the cones.
- As soon as the shot is made, the player retrieve the ball and hands it to the next person in line.
- The minimum goal to receive one draw credit is: **Cycle 1: 10 passes Cycle 2: 10 passes Cycle 3: 20 passes - Bronze Level**
- The minimum goal to receive two draw credits is: **Cycle 1: 20 passes Cycle 2: 30 passes Cycle 3: 40- passes - Silver Level**
- The minimum goal to receive three draw credits is: **Cycle 1: 30 passes Cycle 2: 40 passes Cycle 3 : 50 passes - Gold Level**

EQUIPMENT:

- 1 soccer/futsal ball (per team)
- 2 cones (per team)
- Student observer & result sheets

DURATION:

- 5 minutes

Badminton Serve Challenge

CHALLENGE:

- Students have 5 minutes to make the most possible badminton serves over a net (or bench) land in a hula-hoop as a class.

ORGANIZATION:

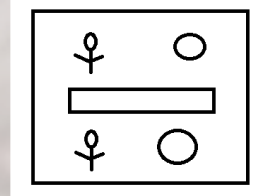
- Teams of 2 students
- Each student must stand 1.5 meters from the net or bench.
- 1 student on each side of the net (or bench) facing each other serving diagonally into the hula-hoop.
- The students each take turns performing a serve into the hula- hoop.
- The students will grab the other student's birdie to perform their next serve.
- If the birdie bounces out of the hula-hoop the serve is still good.
- The minimum goal to receive one draw credit is: Cycle 1: **5 serves** Cycle 2: **10 serves** Cycle 3: **15 serves** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 serves** Cycle 2: **15 serves** Cycle 3: **20 serves** - Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 serves** Cycle 2: **25 serves** Cycle 3: **30 serves** - Gold Level

EQUIPMENT:

- 1 shuttle per student
- 1 Badminton racket per student (or can be shared by 2 students)
- 2 hula hoops per group

DURATION:

- 5 minutes



Rugby Pass Challenge

CHALLENGE:

- Students have 5 minutes to make as many successful rugby passes through the hula-hoop as possible as a class.

ORGANIZATION:

- Two or more teams of 5 to 10 participants
- The team is lined up facing the hula-hoop 2 meters from the hoop.
- The first player steps forward and, using a rugby pass, must pass the ball through the hula-hoop towards the “catcher”.
- Once the pass is made, the student who passed the ball becomes the hula-hoop holder and the student who was holding the hula-hoop becomes the catcher. The catcher takes the ball to the next person in line.
- The catcher does not need to catch the ball, they are there to bring the ball to the line.
- The minimum goal to receive one draw credit is: Cycle 1: **5 passes** Cycle 2: **10 passes** Cycle 3: **15 passes** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 passes** Cycle 2: **15 passes** Cycle 3: **20 passes** -Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 passes** Cycle 2: **25 passes** Cycle 3: **30 passes** - Gold Level

EQUIPMENT:

- 1 rugby ball or football (per team)
- 1 hula-hoop (per team)

DURATION:

- 5 minutes

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Flag Football Place Kick Challenge

CHALLENGE:

- Students have 5 minutes to make as many successful place kicks through cones as possible as a class.

ORGANIZATION:

- Two or more teams of 5 to 10 participants
- The team is lined up facing the cones 10 yards down field.
- There should be 3 students behind the 10-yard mark to catch the ball and bring it back to the line of students.
- The first player steps forward and must kick the ball over/through/passed the cones.
- The football can be held in place by a teammate, a supervisor, a tee or a round cone.
- As soon as the kick is made, the player becomes a “catcher” and the student who gets the ball will bring it back to the line. Meanwhile the next person can kick their ball.
- The minimum goal to receive one draw credit is: Cycle 1: **5 kicks** Cycle 2: **10 kicks** Cycle 3: **15 kicks** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 kicks** Cycle 2: **15 kicks** Cycle 3: **20 kicks** -Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 kicks** Cycle 2: **25 kicks** Cycle 3: **30 kicks** - Gold Level

EQUIPMENT:

- 2 footballs (per team)
- 2 cones (per team)
- A tee or a round cone (per team)

DURATION:

- 5 minutes

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Track & Field 100m Shuttle Run

CHALLENGE:

- Students have 5 minutes to run as many 100 meter runs as possible as a class.

ORGANIZATION:

- Groups of 3-5 students (maximum 5 groups)
- 1 person from each group runs 100m. Once completed, they pass off an item of choice (baton, popsicle stick, bean bag etc..) to the next runner. This continues for 5 minutes.
- The 100m runs can be completed around a track, or back and forth in a straight line (soccer field, gymnasium, etc)
- The minimum goal to receive one draw credit is: Cycle 1: **30 runs** Cycle 2: **40 runs** Cycle 3: **50 runs** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **40 runs** Cycle 2: **50 runs** Cycle 3: **60 runs** - Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **50 runs** Cycle 2: **60 runs** Cycle 3: **75 runs** - Gold Level

MATERIALS:

- A Track, field or gymnasium

DURATION:

- 5 minutes

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Track & Field Throwing Challenge

CHALLENGE:

- Students have 5 minutes to throw a weighted ball across a specific line as many times as possible as a class.

ORGANIZATION:

- Students line up in front of the line.
Cycle 1: 2m from the line
Cycle 2: 2.5m from the line
Cycle 3: 3m from the line.
- The minimum goal to receive one draw credit is: Cycle 1: **5 throws** Cycle 2: **10 throws** Cycle 3: **15 throws** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 throws** Cycle 2: **15 throws** Cycle 3: **20 throws** - Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 throws** Cycle 2: **25 throws** Cycle 3: **30 throws** - Gold Level

MATERIALS:

- 1-2 weighted balls

DURATION:

- 5 minutes

Ultimate Frisbee Challenge

CHALLENGE:

- Students have 5 minutes to throw and catch as many consecutive passes as possible as a class.

ORGANIZATION:

- Groups of 3 to 6 students
- The students must count how many successful passes they can make in a row without dropping the frisbee. Every time the frisbee is dropped the count starts over. This goes on for 5 minutes.
- The teacher must add up the HIGHEST number of consecutive successful passes from each group.
- **Example: Group 1 got 3 consecutive passes, 6 consecutive passes & 10 consecutive passes**
 Group 2 got 2 consecutive passes, 5 consecutive passes & 6 consecutive passes
 Group 3 got 12 consecutive passes, 4 consecutive passes and 5 consecutive passes
 The total for the class is 28 passes.
- The minimum goal to receive one draw credit is: Cycle 1: **20 passes** Cycle 2: **25 passes** Cycle 3: **30 passes**- Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **30 passes** Cycle 2: **35 passes** Cycle 3: **40 passes** - Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **40 passes** Cycle 2: **45 passes** Cycle 3: **50 passes**- Gold Level

MATERIALS:

- Frisbees

DURATION:

- 5 minutes

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