**‘X-Fit’ Format**

**Level 1**

Students can be introduced to the event as part of a fitness scheme of work where they practise during PE lessons, with the event itself done either during lesson time where the whole school takes part over the course of a week, or as a special event for those who have been identified as G and T.

Students are split into pairs and numbered 1 and 2. 1’s perform first, 2’s keep score and monitor correct technique. They then swap roles of performer and official. In some cases, particularly Y3 and 4, it may be useful to ask Y5/ 6 Sports Leaders to help.

Results for each event are recorded and in addition, students’ results for each challenge are added together with the total divided by 8 to give an average score. From this, class, Year, key stage and whole school champions can be determined for each challenge.

**Level 2**

These results are sent to the SSCO/SGO to form area leader boards for -

1. each individual challenge in all Year groups, girls and boys

2. best overall performance based on highest average score in all Year groups, girls and boys

3. highest average score for girls and boys in each age group in each school used to determine best individuals and best overall school

**Level 3**

Each SGO partnership’s best scores for the categories outlined above are forwarded to produce a county leader board.

**Level 4**

Leader board comparisons between Sussex, Kent and Surrey can be used to determine regional champions.

**Changing circumstances**

Should the need for social-distancing and other health measures be abandoned then live competition can be introduced where schools send their best students in each challenge from each Year group to compete at a central venue.

**Parameters**

A common denominator would be used to highlight any suspicious results. Where schools are challenged on a result they would be asked to provide video evidence of the individual performing the event, avoiding face/ identifying shots where safeguarding issues are present.

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| **Sport** | **Fitness** |

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| **Challenge 1**  | **Burpees: dynamic strength and cardio-vascular endurance** |
| **Challenge Description** | How many burpees can you do in: KS2 45 seconds KS3 60 secondsKS4 and adults 60 seconds |
| **Scoring** | 1 point scored for each full burpee within the time limit |
| **Suggested Adaptations for Space/Equipment** | This can be done indoors or outdoors on a flat, clean surface. You may want to put a towel or yoga mat on the floor |
| **Adaptation for Inclusivity** | Where required, this challenge can be done seated on a chair or in a wheelchair; participants start with hands on knees, reach their hands as high in the air as they can then bend to touch their toes before returning hands to knees. Each full movement = 1 point. How many times in 30 seconds? |
| **Coaching Points for Improvement** | Remember to extend your legs fully before bending your knees to bring your feet as close to your hands as possible (stage 4 in the diagram)When you perform the jump section both feet should leave the floor every time, jumping as high as you can |

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| **Challenge 2**  | **Shoulder Taps - upper body and core strength** |
| **Challenge Description** | How many shoulder taps can you do in: KS2 45 seconds KS3 60 secondsKS4 and adults 60 secondsMaintaining a high plank (press up position) with feet shoulder-width apart, perform alternate taps of the right shoulder with the left hand and left shoulder with right hand  |
| **Scoring** | 1 point per tap |
| **Suggested Adaptations for Space/Equipment** | This can be performed indoors or outdoors |
| **Adaptation for Inclusivity** | In a seated position, bend to touch the right foot with the left hand and left foot with right hand, returning to an upright position between each tap |
| **Coaching Points for Improvement** | Lock the supporting elbow, focus ahead not straight down |

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| **Challenge 3**  | **Wall Sit: fitness – core and leg strength** |
| **Challenge Description** | Wall sitStand with your back against a wall, bend your knees and slide your back down the wall until your knees are at 90 degrees (as if you’re sat on an invisible chair)How to Do a Perfect Wall Sit & Boost ItHold the position for as long as you can |
| **Scoring** | 1 point for each full 15 seconds held |
| **Suggested Adaptations for Space/Equipment** | This is best performed indoors  |
| **Adaptation for Inclusivity** | In a seated position, raise your legs until they are straight out in front of you and see how long you can keep that positionThis can also be performed by raising the arms instead of the legs |
| **Coaching Points for Improvement** | Keep your heels on the floor, your head up and your back straight to strengthen your positionWhere seated, lock your knees/ elbows to strengthen your position |

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| **Challenge 4**  | **Side to side skipping – cardio-vascular fitness** |
| **Challenge Description** | Skip moving across a marker line from left to right with each skip.How many skips can you do in:KS2: 60 seconds KS£: 90 secondsKS4: 120 seconds4 Major Skipping Rope Benefits + 2 Workouts to Try<https://www.google.com/search?safe=strict&sxsrf=ALeKk00r4_aByrVCHz-IdkDkjUeerdwsBA%3A1592488823577&ei=d3PrXoTlIr6i1fAP6IeWeA&q=side+to+side+skipping&oq=side+to+side+skipping&gs_lcp=CgZwc3ktYWIQARgAMgIIADICCAAyBggAEAUQHjIGCAAQCBAeOgQIABBHOgcIIxCwAhAnOgYIABAHEB46BAgAEA06BAgjECc6CAgAELEDEJECOgQIABBDOgcIABAUEIcCOgUIABCxAzoICAAQBxAKEB46BwgjELECECc6CAgAEAgQBxAeOggIABAHEAUQHlDrcljIjwFgzJ4BaABwAXgAgAHRAYgBkA6SAQYxNy4yLjGYAQCgAQGqAQdnd3Mtd2l6&sclient=psy-ab#kpvalbx=_jXPrXqymCK2I1fAPkf6bgAw50> |
| **Scoring** | 1 point for each full skip. If the skipper fails to cross the midline that skip does not count |
| **Suggested Adaptations for Space/Equipment** |  |
| **Adaptation for Inclusivity** | Wheelchair users; how many times can you turn your chair a full 180 degrees in 30 seconds? |
| **Coaching Points for Improvement** | Focus ahead, not on the floor |

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| **Challenge 5 Title** | **Mountain climbers – lower body strength and cardio-vascular fitness** |
| **Challenge Description** | In a high plank position a horizontal line marker is placed directly under the knees. Competitors alternate bringing one leg forward so the foot crosses the line, then extend it before repeating with the other leg. How many in:KS2: 45 seconds KS3: 60 secondsKS4: 60 seconds<https://www.youtube.com/watch?v=zT-9L3CEcmk> |
| **Scoring** | 1 point for each time a foot fully crosses the line  |
| **Suggested Adaptations for Space/Equipment** | Best performed indoors |
| **Adaptation for Inclusivity** |  |
| **Coaching Points for Improvement** | Look at the floor, not ahead or at your feet |

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| **Challenge 6**  | **Russian twists – core strength** |
| **Challenge Description** | Lie on your back then raise your upper body and legs\* (\* KS1 & 2 bend knees and keep feet flat on floor). Clasp your fingers in front of your tummy with your elbows out then move so your right elbow touches the floor by your right hip, then repeat to the left.How many in:KS2: 60 seconds KS3: 60 secondsKS4: 90 secondsRussian Twists | HappyShappy |
| **Scoring** | 1 point for each full body tap i.e. left then right elbow touch the floor |
| **Suggested Adaptations for Space/Equipment** | Best performed on a mat |
| **Adaptation for Inclusivity** | KS1 may put their feet flat on the floor |
| **Coaching Points for Improvement** | Breathe out as you twist to each side and in as you transition from one side to the other |

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| **Challenge 7**  | **Tricep Dips – upper body strength** |
| **Challenge Description** | Taking a reverse crab position with hands and feet flat on the floor, bend the elbows to lower the body until your bottom touches the floor, then straighten the elbows to raise the body up.How many in:KS2: 60 seconds KS3: 60 secondsKS4: 90 secondsTriceps Dip and Tabletop Hold | This Long and Lean Bodyweight ... |
| **Scoring** | 1 point for each full dipThe elbows must be seen to bend and the bottom to touch the floor |
| **Suggested Adaptations for Space/Equipment** | Best performed on a mat |
| **Adaptation for Inclusivity** |  |
| **Coaching Points for Improvement** | Breathe out as you lower and in as you raise |

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| **Challenge 8**  | **Plank – core strength** |
| **Challenge Description** | Place forearms on the floor with elbows below shoulders with arms and feet shoulder width apartHere's How Long You Actually Need to Hold a Plank | Canada Run Club |
| **Scoring** | 1 point for each full 15 seconds held |
| **Suggested Adaptations for Space/Equipment** | Best performed on a mat |
| **Adaptation for Inclusivity** | BBC Two - Trust Me, I'm a Doctor, Summer Special 2016 - The ...KS1 and 2 perform the knee plank version. Note that the shoulders, buttocks and knees are aligned and the shoulders over the hands |
| **Coaching Points for Improvement** | Focus on breathing steadily, try not to pant |