Are You the Harrogate Ultimate Warrior

Harrogate
School Sports Partnership

The Challenge

To complete all 4 ultimate warrior challenges as quickly as you can

Speed Bounce – Keeping your feet together, jump sideways over a cone or towel and land on two feet. Jump back to your starting position. This counts as 2.

Shuttle runs. Place 2 objects (eg cones) 5 meters apart. Run back and too **touching the objects**. There and back (10m) counts as 2

Step ups. Step up onto a bench or a step so both feet are on the step and step down so both feet are back on the floor. This is one step up.

Star Jumps – The classic. Two feet together hands by your side. jump in the air and open your legs and stretch your arms out into a star position. Jump back to the starting position. That is one-star

Equipment

Speed bounce 1 x cone or a towel if at home
Shuttle run 2 x any objects you can find
Step ups bench at school or a step at home
Star Jumps no equipment needed

CHALLENGE REPS

Year 1 & 2	Year 3 & 4	Year 5 & 6
10 X Speed Bounce 10 X 5m Shuttle Run 10 X Step Ups 10 X Star Jumps	15 X Speed Bounce 15 X 5m Shuttle Run 15 X Step Ups 15 X Star Jumps	20 X Speed Bounce 20 X 5m Shuttle Run 20 X Step Ups 20 X Star Jumps

This is one challenge. The stopwatch ends after you have completed all 4 challenges. Try and complete as quick as you can.

How to Score?

Just enter the time it took you to complete all 4 activities in one go at https://www.harrogatessp.com/ultimate-warrior-results/ using the below login details or click on the link:

ENTER SCHOOL LINK HERE

The ultimate warrior will be the boy & girl who can compete all of the above in the quickest time. No breaks between…the clock keeps running!

To view your schools progress in the leagues, click here:

ENTER YOUR LEAGUE TABLE LINK HERE

Good Luck!

TEAMWORK   SELF BELIEF   RESPECT   PASSION   HONESTY   DETERMINATION

How to set up the Ultimate Warrior Challenge

Harrogate School Sports Partnership

How to play:

- Set out the four stations.
- Start the stopwatch at the start of the first challenge and stop it once you have finished the last station.
- Then submit your time on: https://www.harrogatessp.com/ultimate-warrior-results/

Reception Year 1 & 2
x10 Speed Bounce
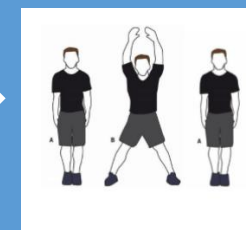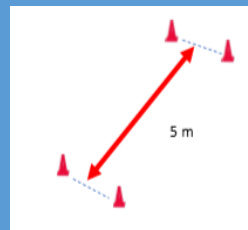x10 Shuttle Runs
x10 Step Ups
x10 Star Jumps

Year 3 & 4
x15 Speed Bounce
x15 Shuttle Runs
x15 Step Ups
x15 Star Jumps

Year 5 & 6
X20 Speed Bounce
X20 Shuttle Runs
X20 Step Ups
X20 Star Jumps

Start → → → → **Finish**

5 m

Speed Bounce

➢ Stand sideways, next to the cones / barrier.
➢ Jump over the barrier, keeping both feet together.
➢ Each time you land, this counts as 1 bounce.
➢ You must land with both feet together

Equipment
➢ A barrier to jump over
➢ A flat floor to land on which isn't slippery

Shuttle Run

➢ Place 2 objects (eg cones, toys) 5m apart.
➢ Run back and forth between the 2 objects as fast as you can.
➢ Each time you reach the object it counts as 1 shuttle.

Equipment
➢ A tape measure/ iphone measure
➢ Markers

Step Up

➢ Start with 2 feet on the floor facing the step.
➢ Step up onto the step so both feet are next to each other.
➢ Step down so both feet are back on the floor.
➢ This counts as 1 step up

Equipment
➢ A step to step on to

Star Jumps

➢ Start with 2 feet together and hands by your side.
➢ Jump in the air, moving your arms and legs out to the side to land in a star position (see picture).
➢ Jump your legs back together and bring your arms back by your side.
➢ This counts as 1 jump

Equipment
➢ A safe landing area

Are you the Ultimate Warrior