



# DONCASTER

Can your school reach  
Tokyo?

5840miles

1 week

5 Sports

8 challenges

Complete our Olympic themed  
challenges to build up your  
school's miles!

# Tokyo



# Background to the Challenge

To celebrate National School Sports Week and the Olympics, through the School Games Programme we have created an inclusive and fun challenge for schools to engage in!

During lockdown we know children and young people had limited access to their sports clubs and physically activity opportunities in general. We want to use this challenge to help you re-engage pupils in to physical activity whilst trying to improve their confidence and teamwork skills.

All the challenges are focused around sport specific skills they give all individuals the opportunity to gain a personal best score! The overall challenge is team based as everyone's score helps your school achieve miles towards the challenge of reaching Tokyo from Doncaster!

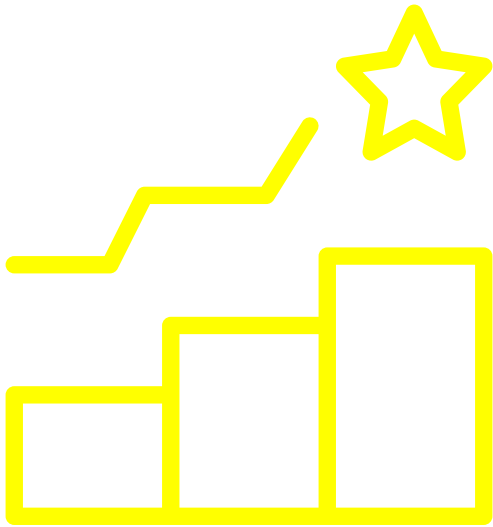
We have teamed up with local sports clubs to explain and demonstrate the challenges. Each club has also sent a 'Good Luck' message.

In addition to these challenges we have teamed up with Ray Matthews to help raise money for two local charities!



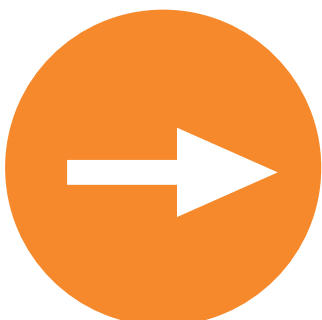
# The Challenge

During the week of Monday 21st June-  
Friday 25th June as a school take part in  
the 8 unique challenges!



Build your schools miles to see if  
you can get from Doncaster to  
Tokyo or even further!  
The more participants taking part  
the faster your school will reach  
Tokyo!

If you are a large school or  
secondary school you could take  
part as a year group and  
challenge other year groups in  
your school!

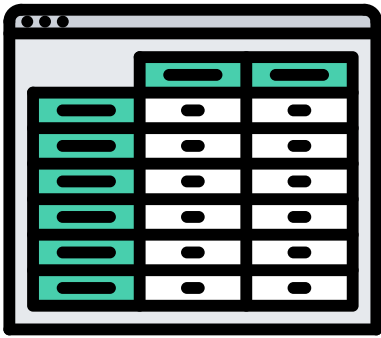
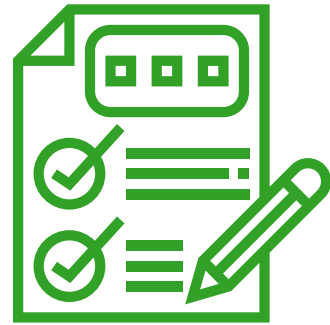


[Register your school here!](#)

# How to Score?

## Individual Challenges

Each sport specific challenge has a scoring system which equates to mileage. For example, for the Primary Basketball Challenge every 10 bounces is equal to 1 mile. If a pupil manages to get a score of 50 points they will have achieved 5 miles towards the schools total.



## Logging your Mileage

You can download a [Scoring Spreadsheet](#) here which has all the challenges, scoring systems and keeps a running tally for each class. You can then add up all the class scores to workout how many miles you have completed.

## Submitting Results

Once you have completed the mileage required to reach Tokyo from Doncaster or your total mileage for the week. Please send us your scoresheet to [doncasterschoolgames@gmail.com](mailto:doncasterschoolgames@gmail.com).

If you have completed the challenge we will send your school a downloadable certificate for each class and an overall school achievement certificate!



# Athletics

James from Doncaster Athletics Club has teamed up with School Games Organiser Craig Dallas to bring you the 3 athletics challenges.

Click on each picture to see a video of each challenge



## **15m Shuttle Runs**

How far will you run in 60 seconds?

1 attempt per person

## **Standing Long Jump**

1 jump per person



## **Tennis Ball Throw**

1 throw per person



# Athletics Scoring

## 15m Shuttle

### Primary

0-5 shuttles- 1 miles  
6-10 shuttles- 3 miles  
11+ shuttles- 5 miles



### Secondary

0-10 shuttles- 1 miles  
11-15 shuttles- 3 miles  
15+ shuttles- 5 miles

## Standing Long Jump

### Primary

Every 20cm = 1 mile



### Secondary

Every 50cm = 1 mile

## Tennis Ball Throw

### Primary

Every 1m = 1 mile



### Secondary

Every 5m = 1 mile





# Basketball

Active Fusion have created a primary challenge for you to attempt!



**Primary Challenge**  
How many bounces in  
60 seconds?

**Click on the pictures to see how to  
complete the challenge!**

**Secondary Challenge**  
How long will it take your group  
of 6 to score 21 pts?



# Basketball Scoring

## Primary Challenge

Every 10 bounce = 1 mile



## Secondary Challenge

(score per group)

Under 3 minutes = 20 miles

3-5 Minutes = 15 miles

5-7 minutes = 10 miles

7-9 minutes = 5 miles

9+ = 3 miles







# Football

We have teamed up with Bradley Johnston from Thorne Colliery FC to demonstrate the football challenges. Click on each challenge to view the videos

## KS1 Challenge

How many toe taps in 30 seconds?

## KS2 Challenge

How many Tick Tock's in 30 seconds?

## KS3 Challenge

How many step overs in 30 seconds?



# Football Scoring

## KS1 Toe Taps

Every 10 touches = 1 mile



## KS2 Challenge

Every 10 touches = 1 mile



## KS3 Challenge

Every 5 stepovers = 1 mile



# Martial Arts

We have teamed up with Active Fusion and Ultimate Adwick Taekwondo to bring you these exclusive challenge!

Watch the video to see the correct technique then give it a go!



## Boxing Challenge

How many air punches can you do in 60 seconds?

## Taekwondo Challenge

How many air kicks can you do in 45 seconds?

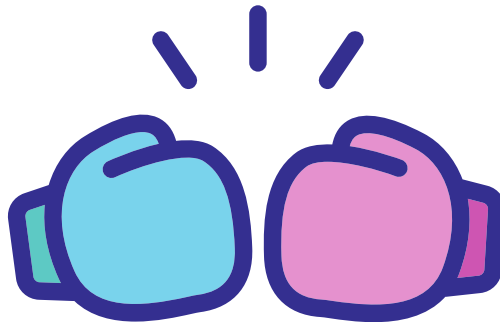


# Martial Arts Scoring

## Boxing Scoring School:

Primary: Every 5 punches = 1 mile

Secondary: Every 10 punches = 1 mile



## Taekwondo Scoring

Primary: Every 5 kicks = 1 mile

Secondary: Every 10 kicks = 1 mile





# **Ray's 80-80-80 Challenge**



**Help Ray achieve his goal of:**

80 schools taking part  
80 miles run by each school  
£80 raised for Charity

## **What does the challenge involve?**

We are challenging your school pupils and teacher to  
run a total of 80 miles on  
**Friday 25th June!**

## **Scoring**

Every mile run by a member of your school will count  
towards your Doncaster Tokyo challenge miles.



# Can you school help raise money for two great causes?

Ray is raising money for Age UK by partnering schools to run 80 miles. We would like your schools help to support Ray to achieve his goal!



In additional, to Ray's fundraising we would love to support a local Doncaster based charity who have provided support for many people throughout the pandemic. We would like to raise funds for Doncaster and Bassetlaw Teaching Hospital.



**On Friday 25th June we are asking schools to support our charities by having a Sports Themed Dress Down day!**

Staff and Pupils could help raise funds by making a small donation towards our charities.



# How will this support our charities?

If your school chooses to take part in the 80, 80, 80 challenge as a school the £80 raised will be donated to Ray's fundraiser for Age UK!



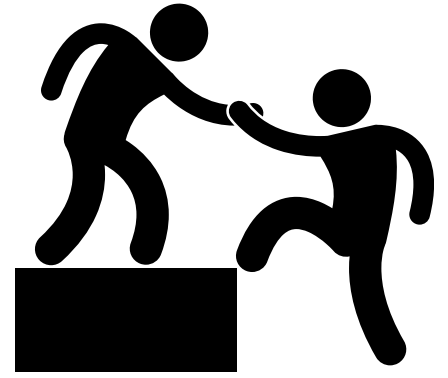
If you are taking part in the Sports Themed Dress Down Day we are asking funds to be donated to Doncaster and Bassetlaw Teaching Hospital.

If you are able to take part in both the first £80 raised would be donated to Ray's fundraiser and the remainder would be donated to Doncaster and Bassetlaw Teaching Hospital.



# **We are here to help!**

If you need any support with the challenges, scoring or notice anything not quite working, let us know. We are here to help support you through the challenge!



## **How to contact us:**

For generic enquires you can send us a message to:

doncasterschoolgames@gmail.com

For your individual School Games  
Organiser contact:

hannah@activefusion.org.uk or  
craig.dallas@astreawoodfields.org



## **For more information about the Ray's Challenge visit:**

<https://ray-matthews.com/>

