

# FUSION SERIES COMPETITION



## How many players?

- All the activities are individual challenges
- You will need help with timing and scoring your attempts

## What do I need?

- Check the individual challenges for the equipment you will need
- Try to be creative if you have not got the exact equipment.

## What is the Fusion Series?

- A fun, virtual competition for primary aged children to try!
- There are four activities for you to complete
- The challenges will involve either running, jumping, or throwing
- All challenges should be completed and scored as individual results
- Once all four challenges have been completed you will need to follow the below link to submit your scores via the google document!
- <https://activefusion.org.uk/welcome-to-the-virtual-fusion-series/>
- Entries for Fusion Series will close on **Friday 24<sup>th</sup> July 2020.**

## Top tips...

- Make sure to have plenty of practice turns before you score each event
- Read the top tips for each activity and learn how to improve!
- Make sure you watch the instructional video first.

## Entering the Competition

- Be honest with your results
- Make sure you enter your information correctly
- We will announce the winning schools and individual winners from each age group on our social media sites!

## Remember!

Try your best at each activity, you can practice before recording your scores!

## Challenge!

Can you challenge a family member to beat your scores?

## Competition!

- Age categories will be split by year groups FS2-Y6. SEND will be a separate category.
- The winning girl and boy for each age category will win a certificate and medal!
- The winning school will win a FREE afternoon taster session of Athletics delivery

## Share with us!

We would love to see you taking part in the challenges so please share your efforts with us on any of our social media sites below!



@ActiveFusion



@Active\_Fusion



af\_activefusion

# Speed Bounce

## What do I need?

- KS1- cones or socks to make a line
- KS2- household objects at least 15cm tall to create an obstacle to jump over e.g. soft toys, cardboard boxes
- A timer
- You will need someone to time and count for you

## How to participate in this activity?

- Find an area with plenty of space and create your jumping line/obstacle
- Have a practice at jumping side to side over the line/obstacle
- Make sure you jump from two feet and land on two feet for the jumps to count
- The challenge is to see how many times you can jump over the line/obstacle in 30 seconds.
- Ask someone to time 30 seconds for you and to count your jumps.
- You are rewarded 1 point for every jump completed correctly
- **Scan the QR Code Below to see an instructional video and demonstration of this challenge**

## Top tips...

- Make sure you have suitable footwear on
- Bend your knees and use your arms to get you over the line
- Make sure both feet touch the floor before jumping again
- Try not to start too fast, 30 seconds is a long time!
- Remember a jump only counts if you land on two feet!

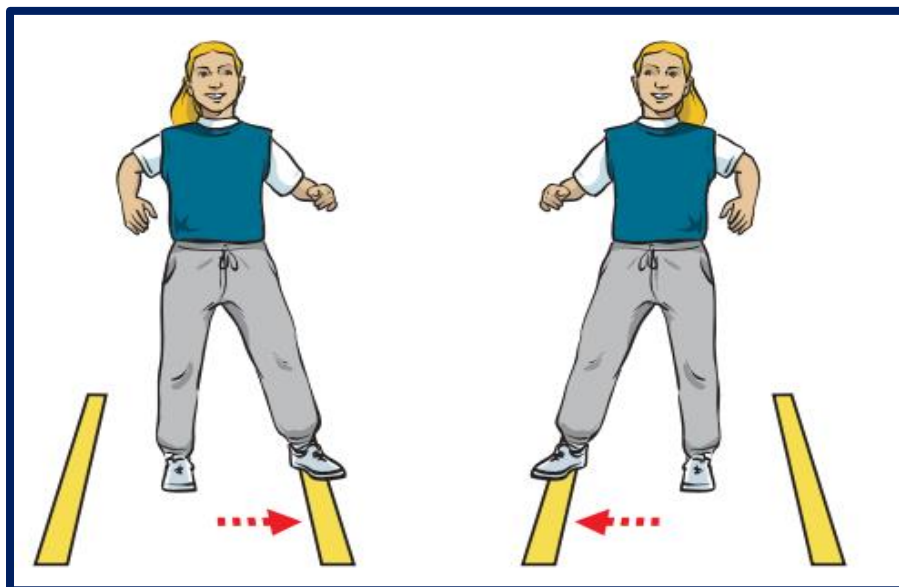
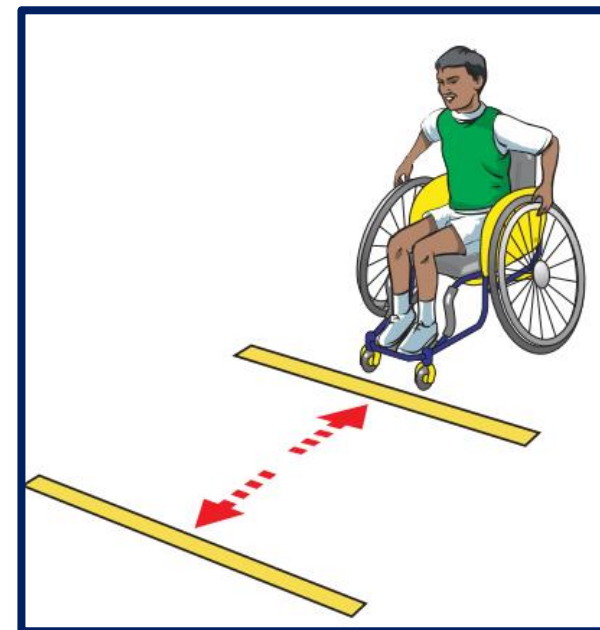
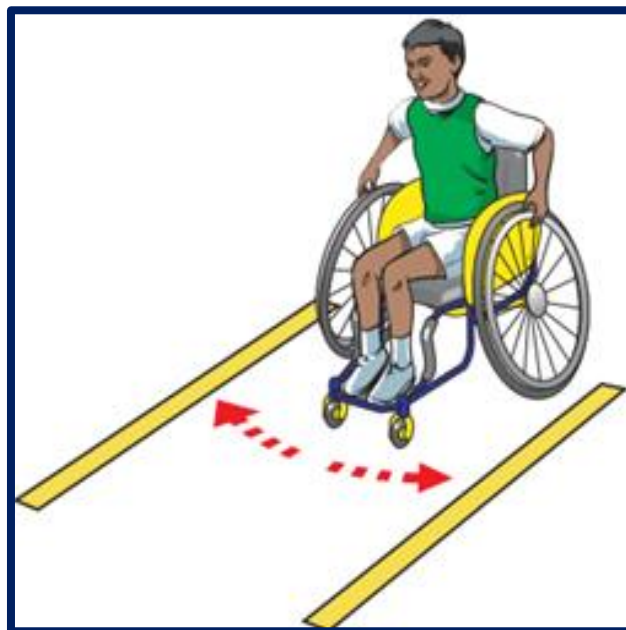


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# Speedbounce Adaptations

## Wheelchair Users

- If you are a wheelchair user set up two parallel lines 2.5m apart
- Move and touch the two lines with both the front wheels of your chair.
- This activity can be performed either side to-side or front-to-back.
- The distance between the lines can be altered for each participant's ability.
- Ensure your legs are supported and cannot leave the footplates if the movement is quick.



## Learning Disability

- You can use a stepping technique to perform the activity and build up to two footed jumping if you feel confident

## Physical Disability

- Set up two parallel lines 2.5m apart on the floor
- Step from side to side or front to back by placing both feet, or one foot onto each line.
- Adapt the lines to meet your ability needs



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# Target Throw

## What do I need?

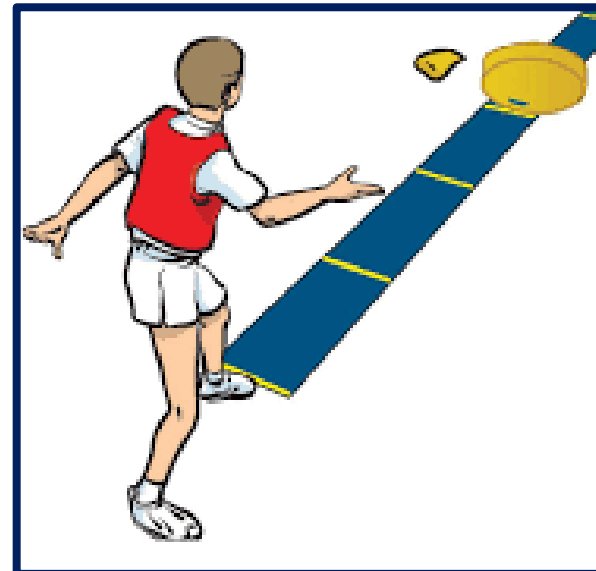
- 6 pairs of rolled up socks to throw
- 4 household objects to create a square with e.g. food cans, toys, or a hula hoop
- Tape measure
- Someone to help you set up and score for you

## How to participate in this activity?

- Find a flat area with plenty of space
- Use an object to create a start mark
- Place your 6 pairs of socks next to the start mark
- Measure 5 metres away from your start mark and create a square ( approx. 1m x 1m) with your objects or use a hoop
- Standing behind your start mark, throw 3 pairs of socks under-arm with your right hand and 3 pairs of socks with your left hand
- 1 point if your socks land inside the square and then bounces out
- 2 points if your socks stay inside the square
- **Scan the QR Code Below to see an instructional video and demonstration of this challenge**

## Top tips...

- Use an underarm throw
- Aim with your non-throwing arm
- Think about how much power you need to use when throwing the socks
- Practice the activity a few times before recording your score
- Ask a family member to count your score

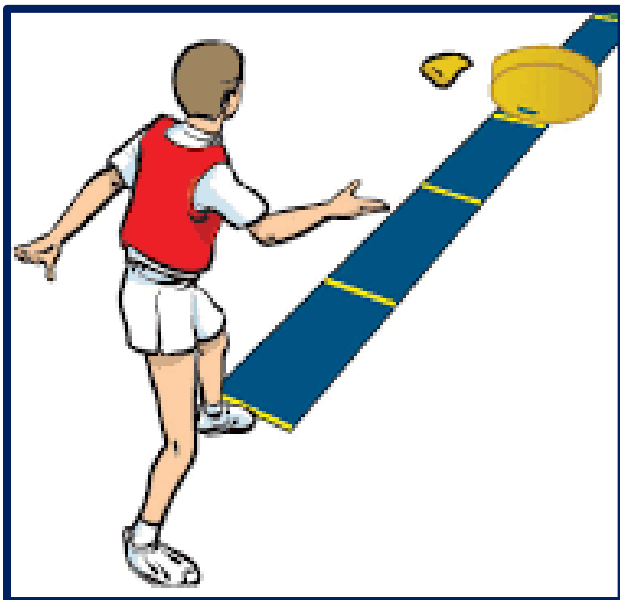
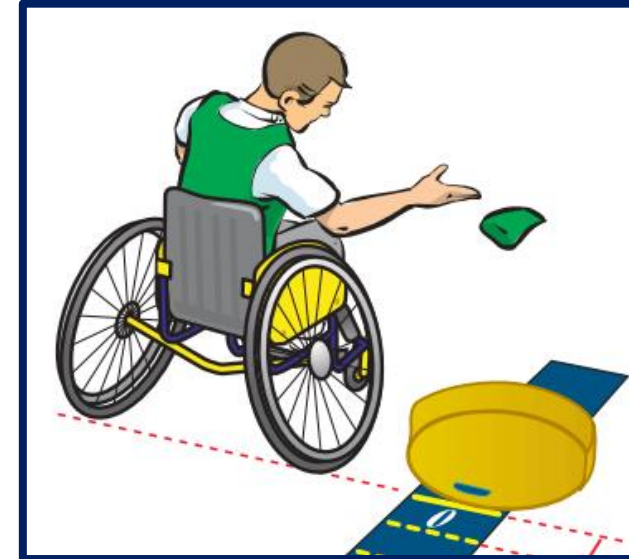


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# Target Throw Adaptations

## Wheelchair Users

- If you are a wheelchair user with full movement of your arms you can participate in the activity as above. You can adapt the start mark distance to suit your ability and can choose to just use your dominant hand.
- If you have severe mobility problems, you can choose to take this activity by doing the Target Drop
- Position your chair next to the square and drop the bean bag into the hoop.
- After each successful drop, move back slightly each time.
- If you are unable to drop from a height you can push the socks from the knees or the side of the wheelchair to drop into the square.



## Learning Disability

- Watch the video and pause where necessary to practice
- You can choose to use your dominate arm to throw the socks.
- You can adjust the throwing distance

## Physical Disability

- You can sit on a chair, kneel, or use a frame if you find it hard to stand for long periods of time
- You can choose to use your dominate arm to throw
- You can adjust the throwing distance



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# Standing Long Jump

## What do I need?

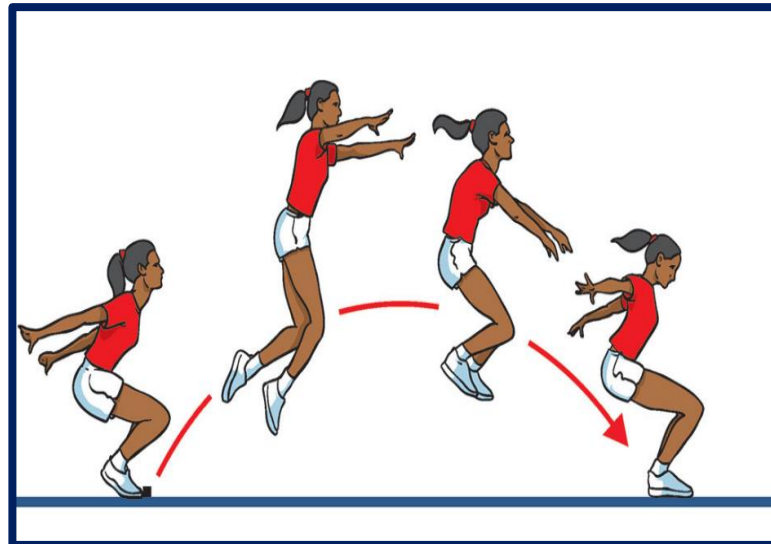
- A tape measure
- Tape, rope or an object to create a line
- Someone to help measure your score

## How to play and Score this activity?

- Find a flat area with plenty of space
- Create a start line with some tape or a flat object such as a dressing robe or rope
- Stand with both of your feet behind the start line
- Jump forward as far as you can but remember to take off from and land on two feet
- Once you have landed stand still, if you do not land on your feet you will score zero.
- Ask a family member to measure from the start line to the heel of your foot closet to the start line.
- Record your score in meters e.g. 1.24m (124cm)
- **Scan the QR Code Below to see an instructional video and demonstration of this challenge**

## Top tips...

- Swing your arms and bend your knees to jump further
- Practice jumping from two feet and landing on your feet
- Think about how to balance when landing to avoid falling over
- If you need to put your hands down when landing put them in front of you, not behind you!
- Make sure you wear suitable footwear

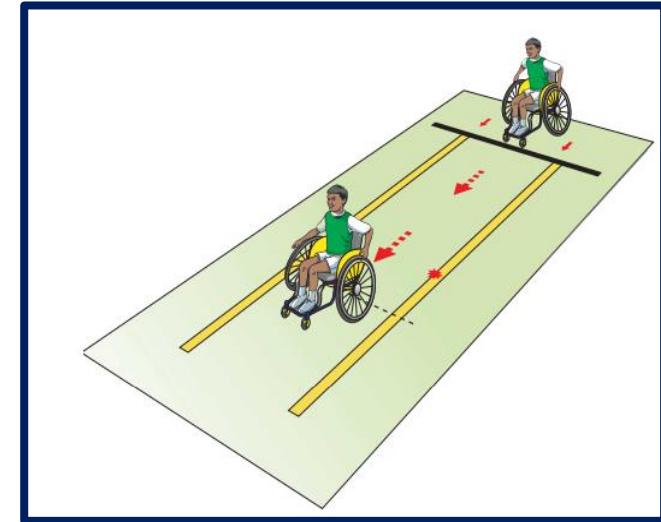


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# Standing Long Jump Adaptations

## Wheelchair Users

- Create a start line with tape and create two parallel lines
- Make sure the distance between the lines is big enough for your chair to comfortably move through
- On the command go perform two double pushes and ask someone to measure the distance from the back of your chair to the start line
- If you use a powerchair, on the command 'go' you have 3 seconds to travel as far forward as you can
- As a family member to measure the distance from the back of your chair to the start line



## Learning Disability

- Ask an adult to break the jump down for you
- Watch the video and pause when necessary to practice the activity
- If you need to you can start with a one footed take off and build up to a two footed take off.

## Physical Disability

- You can use a stabilising frame or ask someone to physically assist you
- You can use a one footed take off
- If you are unable to jump you can step as far forward as you can and ask a family member to measure the distance from your foot to the start line.



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# 50m Shuttle Run

## What do I need?

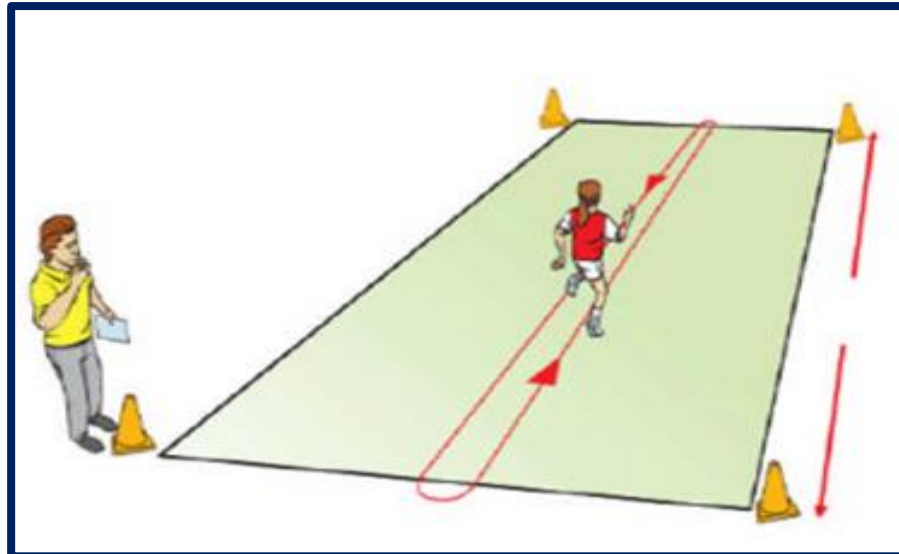
- 2 cones or household objects to use as markers
- A tape measure
- A timer
- A family member to start and time the activity.

## How to play and Score this activity?

- Find a flat space clear of objects
- Place a marker at one end
- Measure 5m from the marker then place the other marker
- Start behind one of the markers
- The aim of the activity is to run as fast as you can around the markers 10 times
- Ask a family member to shout 'GO' and to time you completing the challenge
- Stop the timer once you have complete 10 shuttles.
- Record your score in seconds (s)
- **Scan the QR Code Below to see an instructional video and demonstration of this challenge**

## Top tips...

- Slow down when approaching the markers
- Accelerate once you have gone round a marker
- Use your arms when running to help you move faster
- Try to keep your head up and your back straight when running
- Make sure you wear footwear suitable for running



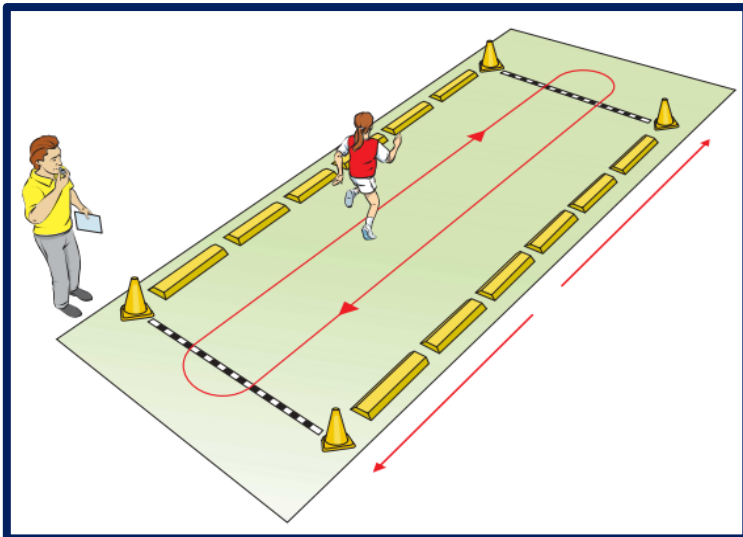
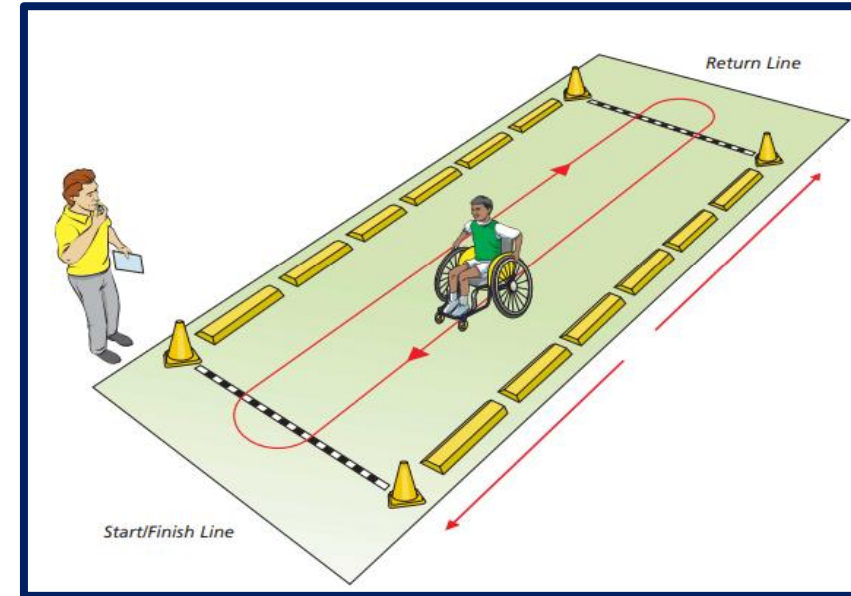
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# 50m Shuttle Run Adaptations

## Wheelchair Users

- Create a starting position with a marker
- Measure 5m away from the start marker and place a marker
- If you have enough space, you can increase the distance to 10m
- Position your chair behind the start line
- The aim of the activity is to travel from one marker to the other as faster as you can either 10 times (5m) or 5 times (10m)
- Make sure you go around the marker at both ends
- Ask someone to start and time the activity for you
- Record your time in seconds (s)



## Learning Disability

- Watch the activity video
- Ask someone else to demonstrate the activity for you
- Shorten the overall distance if you need to.

## Physical Disability

- You can use a stabilising frame or ask someone to physically assist you
- You can shorten the overall course distance
- You can use a line instead of a marker to run around, just make sure you run over the line at each end