

## Challenges with no time limit

- **Skipping** - simply keep going until you get tangled up or run out of steam! Have someone count in the video while you skip  
<https://www.youtube.com/watch?v=T27jwvDIDu4>
- **Keepie Uppies** - again simply keep going until you drop. Have someone count in the video while you do this skill. Remember even if you only manage 2 or 3 this could be the 2 or 3 points that wins the cup for your team so send in your best try - this is a difficult skill so don't be discouraged!!!  
<https://www.youtube.com/watch?v=GcCv9MeGqS0>
- **Memory Challenge** - keep naming horses until you can't think of any more - again, remember even if you only remember 2 or 3 this could still make all the difference to your team!! Did you know there are people who compete in World Memory Championships? There are many, many ways to remember things so be creative - maybe make a song or make a story that helps you to remember!!!  
<https://www.youtube.com/watch?v=klw9yDZGWLc>

## Challenges with 3 minute time limit

- **Shuttle Sprints** - this is probably the easiest from a skill point of view but will take the most energy! Watch the video carefully - lay out your 20m course accurately and then SPRINT. You can run around the cone to change direction or you can plant your foot and return. Even if you're so tired that you need to walk a lap to recover that's ok - every lap counts!!!!  
<https://www.youtube.com/watch?v=0QkiGg0EVgE>
- **Football Solo** - speed is of the essence here - just like the sprint drill you must go up and back to count one lap - it doesn't matter if you drop the ball.. Just pick it back up and carry on.. If the ball rolls away from you, chase it down and get back on course - the clock doesn't stop for anything so be quick!!  
<https://www.youtube.com/watch?v=2dAYRDt1g5M>
- **Hurling solo run** - speed is of the essence again - watch the video carefully. Senior school children - you can bounce or balance the sliotar on your hurl - that's up to you. Junior school children may hold the sliotar on the hurl with their hand - again you must go up and back to count one lap. It doesn't matter if you drop the ball.. Just pick it back up and carry on.. If the ball rolls away from you, chase it down and get back on course - the clock doesn't stop for anything so be quick!!  
<https://www.youtube.com/watch?v=FKA70fsJmCc>

## Art and Quiz challenges

- **SUPER SPORT QUIZ:** There will be two quizzes on [www.myquiz.org](http://www.myquiz.org). Junior School children may have the questions read to them by a parent or sibling. There will be points awarded for anyone who makes it into the top ten!!! 100 for first, 90 for second and so on....

Super Sports Quiz Junior School on Friday June 5th @ 2.30pm

Super Sports Quiz Senior School Friday June 5th @ 3pm

### Instructions to take part

1. Go to [www.myquiz.org](http://www.myquiz.org)
  2. Enter code 348441 for Senior School or 348419 for Junior School  
Create a profile - please use your proper name in your profile and no nicknames as we need to know who to award points to if you win.  
Even if you have done quizzes up to this point under a nickname please change the nickname to your first name and surname initial as there will be many, many more children taking part and we want to keep it simple.
  3. Log on at the correct time and do your best
- **ART COMPETITION** : create a sport inspired masterpiece and email or send via seesaw to your teacher before 3pm Friday 5th June. 3 winners from each class will be awarded 50 points each for their team!!!