

Star Chart Challenge



www.a-starsports.co.uk

Star Chart Challenge

The Star Chart Challenge provides children and families with motivation and fun ideas to set goals and record active achievements by earning physical activity and healthy living stars.

One to five stars can be earned each time a physical activity is completed or healthy living option chosen to complement it.

This eBook contains examples of how stars can be earned but these are just examples—use these as a guide to create your own games and activities, too.



Setting a goal

To set a Star Chart Challenge goal:

- * **choose the number of stars you would like to aim for (e.g. 30, 60 or 90);**
- * **define a suitable period of time in which to earn these stars;**
- * **have a look at the sample activities and add ideas of your own;**
- * **make sure that activities are fun and safe for those taking part and the environment you are in.**



The chart

Each time stars are earned, simply colour in the relevant number of stars for your activity on the front of the chart and keep a record of timing and a diary of activities on the back.

Charts can be downloaded/printed from our website:

<http://www.a-starsports.co.uk/our-programme/free-resources/>



Star Chart Challenge

Ideas for easy printing

<p>1 star activities ★</p>	<p>2 star activities ★★</p>
<p><i>For example:</i> Walking (15-30 mins) Hopscotch (10-15 mins) Balloon keepie uppies (10-15 mins) Play catch/frisbee (10-15 mins) Activity dice 1** (10 mins at a good pace) e.g. 1 = sit down quickly / 2 = run around / 3 = drums on your knees / 4 = stretch up to the sky / 5 = disco dancing / 6 = collapse on the floor! The memory card run** (10 mins at a good pace) e.g. use a traditional memory card game but place the cards at the other end of the room/garden and players take turns to run and choose a pair as quickly as they can (or within 20 seconds!) Playing at the park/in the garden/at a playbarn (more than 15-30 mins) e.g. on the swings, roundabouts, climbing frames, shooting goals etc Indoor sock bowling (15-30 mins) e.g. using rolled up socks as balls to get as close to the 'jack' as possible! Eating fruit and/or vegetables at a mealtime</p>	<p><i>For example:</i> Walking (more than 30 mins) Running or just running around! (10-20 mins) Cycling / scooting (10-20 mins) Skipping with a rope or hoop (5-10 mins) Trampolining if you have one in your garden or a mini trampoline indoors! (10-15 mins) Activity dice 2** (10+ mins at a good pace) e.g. 1 = spider walks (touch your toes, then walk your spider fingers away from you until your tummy is on the floor, then walk them back again, remembering to bend the knees as you stand up again) / 2 = jumping jacks / 3 = skipping (without a rope) / 4 = lizard stretches (on hands and knees with the opposite arm and leg raised – alternating sides) / 5 = frog jumps / 6 = collapse on the floor! Playing at the park/in the garden/at a playbarn (more than 30 mins) e.g. on the swings, roundabouts, climbing frames, shooting goals etc Dance/jump around during each commercial break whilst watching TV Having a good night's sleep (making sure you've had a good night's sleep throughout a whole week)</p>
<p>3 star activities ★★★</p>	<p>5 star activities ★★★★★</p>
<p><i>For example:</i> Walking (more than 1 hour) Running or just running around! (more than 20 mins) Swimming Cycling / scooting (more than 20 mins) Playing sports e.g. a session of football / hockey / dodgeball etc either at a club or in the garden or park (30-60 mins) Skipping with a rope or hoop (more than 10 mins) Trampolining if you have one in your garden or a mini trampoline indoors! (more than 15 mins) Athletics mix** – (more than 20 minutes) Military mix** – (more than 20 minutes) Drinking water (rather than juice or soda) throughout a whole day</p>	<p><i>For example:</i> Homework done within [set a challenging time to fit in with your schedule!] to make time for more fun, games and physical activities Household chores – at least one physical household chore a day for a whole week</p> <p>**See eBook to make your own dice, activity cards and read more about additional examples of games and activities.</p>

Do add in your own activities and gauge the rewards based on the above examples. Where a timing is given, this doesn't have to be done 'all at once' but can be done in smaller spurts of activity and added together to reach the time at the end of a day. Each time stars are earned, simply colour in the relevant number of stars for your activity on the chart. Additional charts can be downloaded and printed from here:

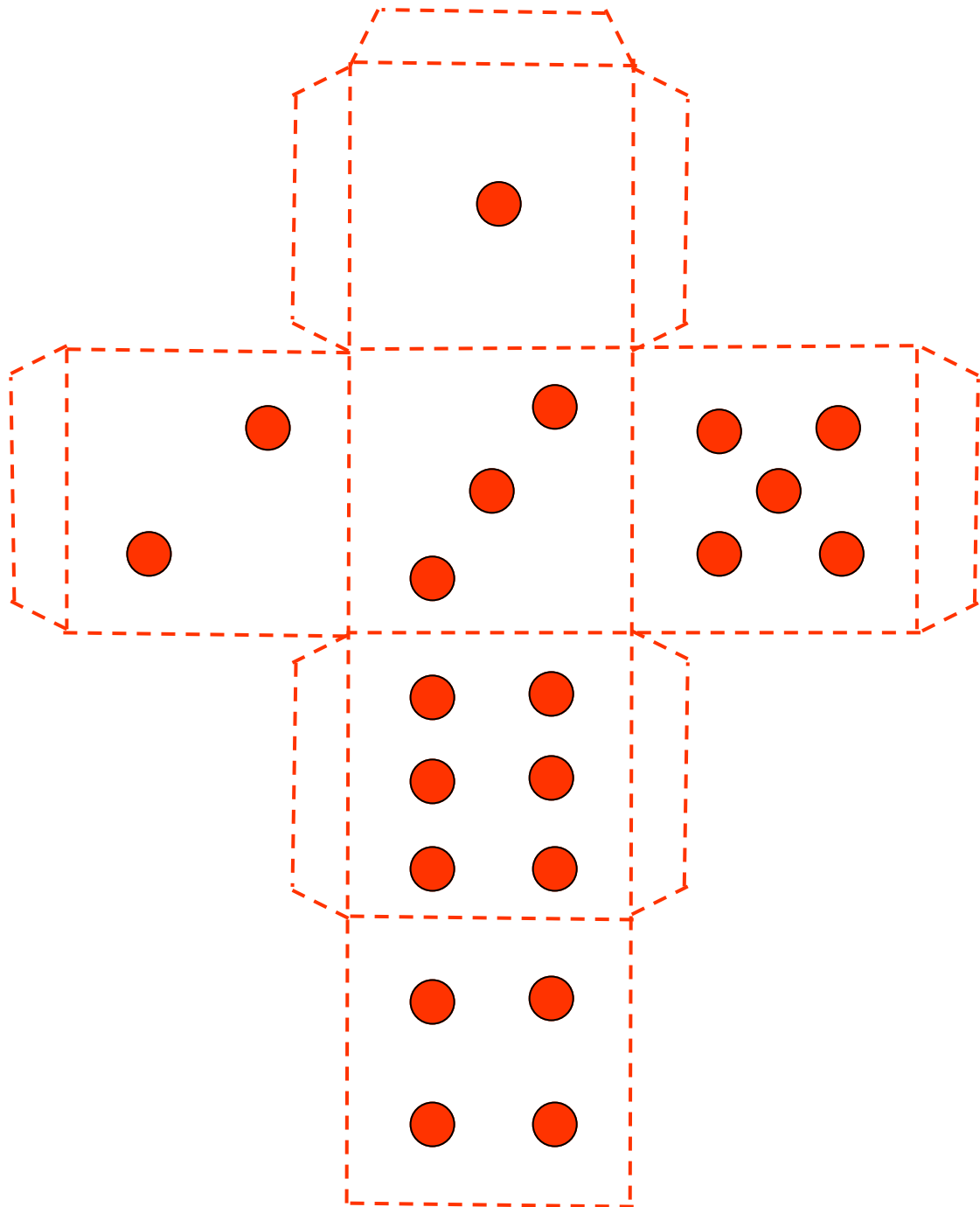
<http://www.a-starsports.co.uk/our-programme/free-resources/>

The examples given in this eBook are examples only and full care must be taken by families to ensure that activities carried out are well planned, supervised and safe for children / those taking part. A-Star Sports cannot be held responsible for these activities.



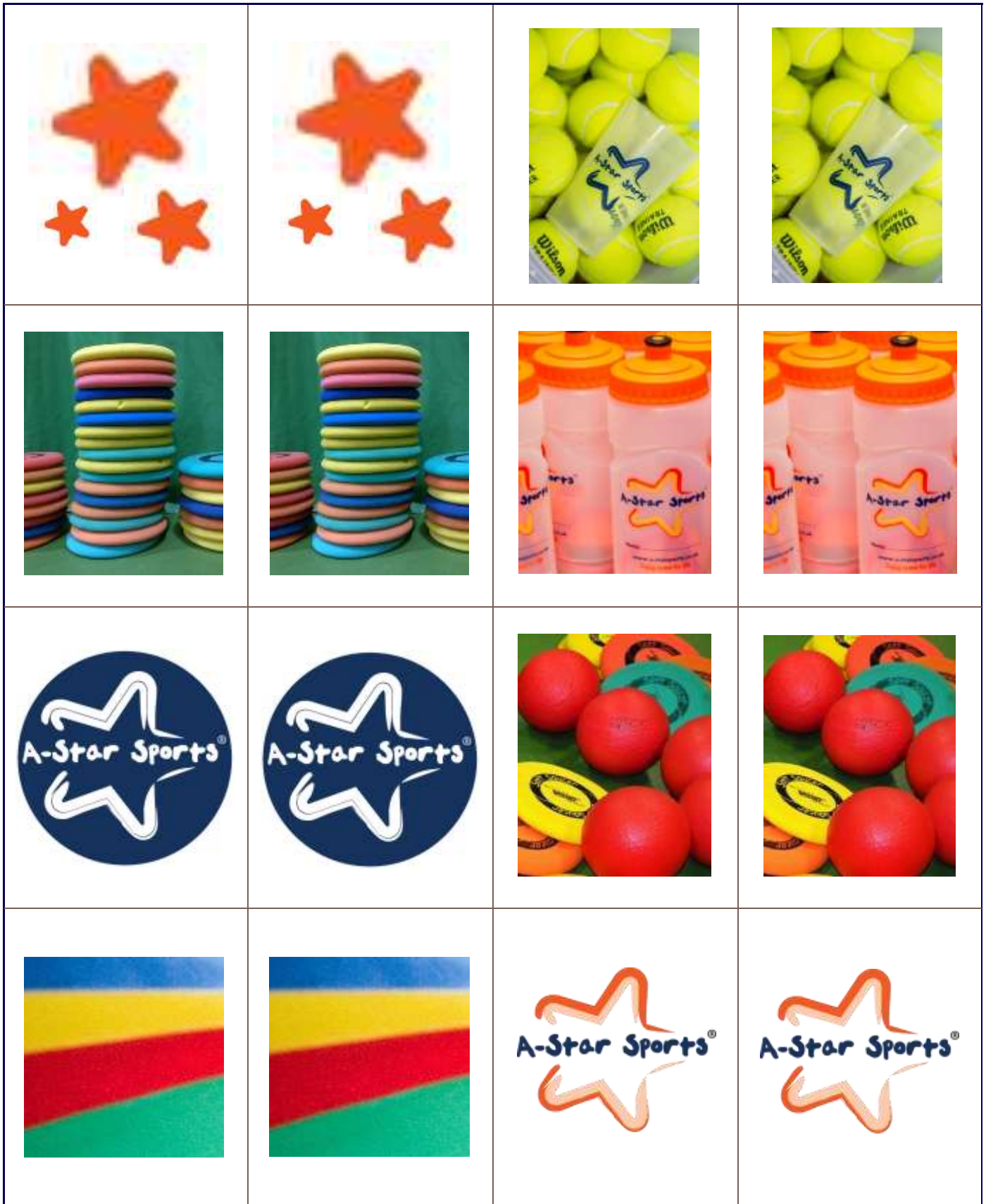
Dice games

For activities and games involving dice, you can make them from the template below:



Memory card games

For activities and games involving memory cards, you can print off and cut out these cards:



Athletics mix

For the athletics mix you can choose from 'events' like those below or use these as inspiration to create your own:

'Rolled up socks' shot put

Create a soft shot put by rolling up several pairs of socks together. Children hold it just at the side their chin, push their arm forwards to launch the shot put and mark the distance they achieve.

Lawn long jump

Mark a starting point. Children can measure static two-foot jumps from a safe starting point, bending knees and pumping arms through to propel from a standing position and bending knees on landing.

Stopwatch races

Define a short distance. Races can be from a single starting point to a finish or can be a number of shuttle runs to beat the clock.

'Steeplechase' course

Define a distance with some small jumps or challenges dotted throughout it e.g. run—stop for jumping jacks—run—stop for high knees—run—stop for rope skips—run.

Please ensure that you choose suitable clothing, footwear and a safe environment in which to enjoy the types of activities.

Military mix

For the military mix you can choose from activities like those below or use these as inspiration to create your own:

Submarines

Children follow the captain's instructions: 'port' = run left / 'starboard' = run right / 'climb the rigging' = climbing ladder action / 'scrub the decks' = scrubbing action on hands and knees / 'captain's coming' = salute and shout 'ay, ay, captain' / 'cook's coming' = rub tummy and shout 'yum, yum' / 'submarines' = lie down

Military activity dice

1 = aeroplane statues / 2 = helicopter arms / 3 = jungle jumps / 4 = top gear (fast running) / 5 = deep freeze (standing still like a statue) / 6 = quick march

Cross the river

Find two 'stepping stones' (i.e. two pieces of paper or two pillow cases) and define a distance for the width of the river. Children stand on one stepping stone whilst placing the other in front in order to step on it and move forwards without touching the floor (water!).

Staff sergeant says...

Play this just like 'Simon says' but with military related actions e.g. quick march, tummy crawl, att-en-tion!, salute.

Please ensure that you choose suitable clothing, footwear and a safe environment in which to enjoy the types of activities.

Rewarding achievement

Celebrate the achievement of your goal with an A-Star Sports 30, 60 and/or 90 stars certificate.



Print your certificate from one of the following pages...



Certificate of achievement

awarded to

For achieving

*** 30 stars ***

in the Star Chart Challenge

from.....to.....

In partnership with:



Inspiring children through sport



Certificate of achievement

awarded to

For achieving

*** 60 stars ***

in the Star Chart Challenge

from.....to.....

In partnership with:



Inspiring children through sport



Certificate of achievement

awarded to

For achieving

*** 90 stars ***

in the Star Chart Challenge

from.....to.....

In partnership with:



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Support through Sport UK

Founded by Helen Keeling-Marston in June 2012, Support through Sport UK is a charity that believes sport has the power to improve lives.

More specifically, Support through Sport UK believes that sport can give focus and purpose, build confidence and self-esteem, foster relationships, provide an outlet, be great fun, alleviate negative emotions and promote good health.

To learn more about Support through Sport UK's vision and to find out about lots of opportunities that link families to over 1,000 clubs visit:

<http://www.supportthroughsport.co.uk/>



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