



Welcome to our Active Schools Games

There are 3 games

- **Starlight Steps to Fitness (Beginner)**
- **Starlight Steps to Fitness (Advanced)**
- **Starlight Sports Challenges Game**

- Roll the dice, move to the square and do the challenge.
- **Fitness Games** - Each Fitness challenge is worth a different number of points depending on how many you do. So if it says 10 star jumps you get 10 points. If it says do a plank for 30 seconds you get 30 points.
- **Sports Challenges Game** – you score a Gold 50 points, Silver 25 points and Bronze 10 points.
- If you land on a yellow square you can nominate someone else to do your challenge with you and you both get double the points if you complete it
- **FINISH LINE** – you cannot cross the finish line until you have 100 points in the beginner fitness game, 200 in the advanced game and 300 in the sports game
- NB if you haven't printed the board – when the instruction says jog round the board – jog round an area of 2metres by 2 metres
- **HAVE FUN!**

Don't forget to follow us on twitter @ActiveSchoolsED or visit our website

<https://www.joininedinburgh.org/sports/active-schools/>

12 Ski Jumps

8 Star Jumps

5 burpees

Aeroplane pose
10 seconds

**Choose an opponent
for Plank Ball 30
seconds**

Start
here



5 Press Ups

**10 sec
Wall sit**

15 Squats

20 sit ups



Starlight Steps to Fitness Game (Beginner version)

FINISH LINE

Have a drink
of water

6 Frog
squats

**9
basketball
jumps**

Hop round
the board
twice

Jog round the
board 5 times

**Hold
superman/woman
pose for 11 seconds**

Pat your head and
rub your stomach for
13 seconds

7 Mountain
climbers

Balance on your
weaker leg for
22 seconds

**Bear crawl round
the board 3 times**

24 Ski Jumps

16 Star Jumps

10 burpees

Aeroplane pose
20 seconds

**Choose an opponent
for Plank Ball 60
seconds**

Start
here



10 Press
Ups

20 sec
Wall sit

30 Squats

40 sit ups



Starlight Steps to Fitness Game (Advanced version)

FINISH LINE

Have a drink
of water

12 Frog
squats

18
basketball
jumps

Hop round
the board 4
times

Jog round the
board 10 times

**Hold
superman/woman
pose for 22 seconds**

Pat your head and
rub your stomach for
26 seconds

14 Mountain
climbers

Balance on your
weaker leg for
44 seconds

**Bear crawl round
the board 6 times**

Basketball
Shooting
Challenge

Balloon Keepie
Uppies

Tennis rebound

Frisbee Flip

Basketball Passing
Challenge

Start
here



Bowls
target
game

Finish Line

Have a drink
of water

Athletics
Long Jump

Netball
Passing
Drill

Cuthbert
Keepie
Uppies

Passing
accuracy
challenge

Basketball
Shooting
Step

Netball
Body Pass



Starlight Sports Challenge Game

Messi Shuffle

Rugby throw

Speed Bounce

Ronaldo Toe Taps

Head, Shoulders,
Knees & Toes

Vertical Jump



Starlight Sports Challenge Game

Gold = 50
points

Silver =
25 points

Bronze =
10 points

Basketball Passing Challenge	Get a ball and a partner. Start close together, pass from one hand and have your partner catch with one hand only. Repeat back with you catching. Take a step back and repeat. See how many steps back before you drop the ball.	More than 4	2-4	1
Frisbee Flip	Picks a spot about 2 large paces away and place a box or bucket there. Flip the frisbee like a coin and try to land it in the box. Take 5 attempts and see how many you score.	4-5	2-3	1
Tennis rebound	Throw the ball onto the wall and catch when it rebounds (the ball is not allowed to bounce). Catch with one hand and then the other. Count how many you can do in 60 seconds (if it drops start from 1 again)	More than 60	59-25	1-24
Balloon keepie uppies	Keep a balloon up using a pole or stick (you can use a brush handle) held between both hands (how long can you keep going?)	More than 3 minutes	1-2 minutes	Less than a minute
Basketball Shooting Challenge	Get a ball and a large bin or bucket. Take 4 large steps back and with 5 attempts see how many you can score into it. Complete 5 times and count your total score.	20-25	11-19	5-10
Bowls Target	Set out A4 paper with 10, 20 and 50 points (as the points get higher they are further away). Throw 4 pairs of socks underhand and try to land the socks on the points. Do this 5 times and record your total points.	160-250	60-150	0- 50
Athletics	Long Jump (Stand feet together – jump forward as far as you can and land with both feet together and mark your distance)	1.80m	1.50m	1.0m
Cuthbert Keepie uppies	Using any body part except from your hands and arms, how many times can you keep the ball up in 30 seconds like Erin Cuthbert? If you like, you can let the ball bounce between each touch. Each touch = 1 point.	21-30	11-20	1-10
Basketball Shooting Step	Place your bucket in one spot. Have 3 pairs of socks to hand. Starting in close you must score at least 1 sock out of the 3 to move on. Step back and repeat. Step back until you do not score any of the 3 socks in the bucket. See how many steps away you can get.	More than 4	2-4	1



Starlight Sports Challenge Game

Gold =
50 points

Silver =
25 points

Bronze =
10 points

Messi Shuffle	Alternating between your left and right foot, how many times can you touch the ball with the insides of your feet like Lionel Messi in 30 seconds? Each touch = 1 point.	61-80	41-60	1-40
Rugby	With a ball or object able to be thrown and caught find yourself some space (if you are indoors you can use a balloon). You need to throw the ball as high as you can each time, once thrown you must complete a 360-degree spin then catch the ball/object. Count how many completed catches you get in 30 seconds. If you drop the ball / item your score is wiped, and you start from zero again.	18-20	12-17	1-11
Speed Bounce	Speed Bounce (Jump sideways over an object (you can use a jumper or other marker) as many times as you can in 20 seconds)	More than 30	16 -30	5- 15
Ronaldo Toe Taps	Alternating between your left and right foot, how many times can you touch the ball with the bottom of your feet like Cristiano Ronaldo in 30 seconds? Each touch = 1 point.	51-70	31-50	1-30
Head, Shoulders, Knees & Toes	Shoot the ball up into the sky (if you are indoors you can use a balloon). Whilst the ball is in the air you must touch your head, shoulders, knees and toes before catching it again. Make sure you throw it high enough. How many repetitions can you do before dropping it.	More than 4	2-4	1
Vertical Jump	Vertical Jump (Jump as high as you can with both feet together. Stand near the wall and tap the wall at the highest point). The measured height is how much higher you can reach compared with standing against the wall and stretching your arms straight up.	40cm	30cm	20cm
Netball Body Pass	Pass the ball around your body, without dropping the ball. How many times can you pass the ball around your body in one minute without dropping the ball.	45 or more	31-45	5-30
Passing accuracy challenge	Get out a large plate and place it 5 large steps away from you. With your right hand throw a pair of socks at it 10 times. Then do 10 with your left hand. Count how many hit the plate?	15- 20	10 -14	4- 9
Netball Passing Drill	Stand opposite each other, about 3 meters apart, and pass the ball using one hand only and your partner catches with one hand only. You can choose which hand you use but you must stick with it. How many can you do in 60 seconds?	More than 50	25-49	10-24



What you will need:

- The board game (printed or online)
- A dice
- A ball or 2
- A tape measure or ruler (you can use your feet to measure if you don't have a measurement tool)
- A frisbee
- Socks
- A target (bucket or box and a large plate)
- Some paper
- A timer

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