

## Islington Personal Challenges

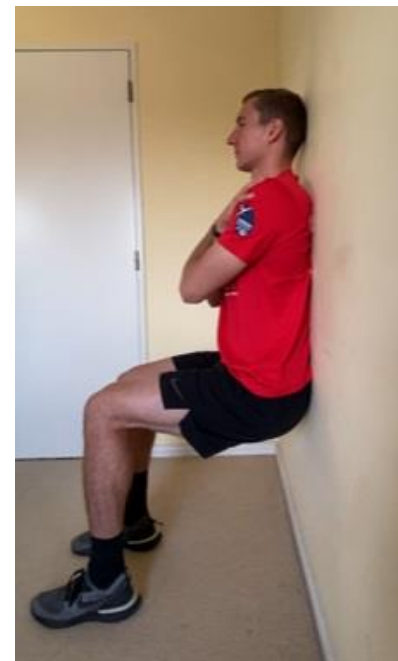
### Week 2: Wall Sit



- You will need a wall space and a stopwatch or timer.
- Get into a seated position with your back against the wall
- Your knees should be at 90 degrees
- Back straight against the wall, trying not to lean forward
- Heels planted
- Start the timer and see how long you can hold the position

A wall sit helps to build balance, stability and strength in the legs. This will help with posture and controlling the body and will be important for a variety of other movements. Building strength and balance in the core and legs will also be useful for sports and activities such as gymnastics, football and swimming.

The image to the right highlights the key coaching points for the wall sit.



To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)

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### Examples of how you could use or fit the personal challenge into the school day

#### Brain Breaks

The wall sit is a simple and quick challenge that doesn't need any equipment. If there is a wall space available inside or out the challenge could be used as a quick break from a lesson or sitting down to give pupils a short mental break, build physical strength and little bit of fun competition.

#### PE Lessons

To form part of a lesson the challenge is best used alongside other activities and exercises. The wall sit is beneficial to support building strength and stability in the legs and could form part of a skill development section to a gymnastics session as one the tasks children practice. The challenge is quick and easy so if using it during a lesson it would be best to include the wall sit alongside a number of different activities and challenges such as other balance positions or other gymnastics tasks such as travelling and jumping and landing, as part of a rotation of activities pupils take part in during the session. This is to ensure pupils during the lesson works towards multiple aims of gymnastics to support their development, but also makes the lesson more engaging and supports the building of all round strength and fitness. An activity such as 'roll the dice' where pupils roll a dice or colour wheel to determine which exercise to performance from a selection list, would be a good task to encourage children to practice and rotate between exercises or provide progression to a practice session.

#### Extra-Curricular: Break and Lunchtimes or clubs

The challenge could be used as part of an extra-curricular club such as gymnastics or fitness. Sessions could follow a similar structure to a PE lesson or even as part of a competition including various individual challenges pupils can rotate between.

During a break or lunchtime, staff or young leaders could be allocated a space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Zoning the playground will help keep a safe space.

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