**Tameside Olympic Series-Strong Star**

**Wednesday 15th May 2019 - Hyde Community College**

**Teams**

Boys and Girls teams are separate. Each team consists of:

2 pupils from Year 7 & 8 (they can both be from year7 or year 8 or one from each year)

2 pupils from year 9 & 10 (they can both be from year 9 or year 10 or one from each year)

**Details**

There will be 8 different challenges and afterwards a separate girls and boys Tug of War competition

**Challenges**

1. Resistance Pull - competitors are belted into a harness and must pull a heavy trolley the distance of 2 cricket mats as fast as possible. (timed event).
2. Kettle bell hold - competitors hold a weight with straight arms at shoulder level for as long as possible. Their back and heels must be pressed against the wall for safety (timed event) Girls year 7/8- 6kg year 9/10 -8kg Boys year7/8 -8 kg year 9/10 -10kg
3. Squat from bench to bench (2 meters apart) - competitors travel in a semi squat position sideways to sit on alternate benches 30 times as fast as possible whilst holding a medicine ball in two hands throughout this event (timed event).
4. Press-ups – competitors must perform as many full press-ups as possible, **their chin touches a sponge brick** **in time to a recording telling them when to go down and up (like the bleep test).** If you do not touch the brick you will only have one warning if it happens again they will be out. Girls will have their knees on the bench with their lower legs vertical), boys are only allowed to have their toes on the bench (maximum event)
5. Sit ups - competitors lie down holding a basketball, they must touch the floor behind their head then sit up and touch the floor between their legs 30 times as fast as they can (timed event). The body MUST come up to 90 degrees.
6. Bench Vault- competitors must stand with a leg on either side of the bench put their hands on the bench then jump both feet **TOGETHER** on the bench - 30 times as fast as possible (timed event).
7. Rope pull- competitor must pull the whole length of a tug of war rope towards them and through their hands as fast as possible over 2 basketball stands until a weight is lifted off the floor (timed event).
8. Wall Jumps – competitors must touch the floor then jump up to touch the wall above a taped line (the line will be 20cm for girls and 25cm for boys above their individual reach). Each competitor must complete 20 wall jumps as fast as possible (timed event).

Results

After each challenge the competitors will be ranked in order of performance and given points for their position.