



# THE ~~HUNGER~~ GAMES

# TRANSITION





# Transition Challenge

Here at Bedford High School we believe it is our duty to give students a broad education and part of that includes soft skills such as character development. we believe the following are the most important – **STRIVE, PERSEVERANCE, INTEGRITY, RESILIENCE, INDEPENDENCE, TOLERENCE.**



**For our home transition challenges we will be setting some different and exciting challenges that will require you to use all of the above. These will be fitness and skill challenges. The aim of these sessions is to improve your personal fitness and skill levels, and keep you active and healthy.**

**We value integrity and sportsmanship, so be honest with the results of your fitness or skill challenge. Strive to beat your personal best, and achieve greatness.**

**Good luck and have fun!**



# THE TRANSITION GAMES – HOW TO PLAY

The TRANSITION challenges have been designed to test your accuracy, balance, coordination and skill level across 6 different challenges.



Each challenge is categorised into either “**Challenger**” or “**Legendary**”. In the true spirit of the Transition games, we want everyone to complete both levels of the challenge, in particular, the **Legendary** option!

You can complete each challenge a **maximum of three times** with your best score going forward. Record this on your tracker.



Good luck, embrace the challenge and **seize immortality!**

# Challenge 2- 60 second Squat Challenge

## Challenger Status

1. Knees shoulder width apart
2. Perform a Squat
3. Ensure legs are at 90 degrees before coming back up



## Legendary Status

1. Knees shoulder width apart
2. Perform a squat
3. Legs at 90 degrees before jumping up off the ground
4. Land and perform a squat again

Challenger: Can you beat Mr Lycett's score of... 54?

Legendary: Can you beat Mr Lycett's score of... 31?



TRANSITION 2021



# HOW TO SEND YOUR RESULTS



Fill the table in with your results/email the information to

[s.lycett@bedford.wigan.sch.uk](mailto:s.lycett@bedford.wigan.sch.uk)

Send any pictures/videos of you completing the challenge

The winners will be announced on the Bedford website and Bedford social media  
pages

GOOD LUCK !



FIRST NAME	SCHOOL	ATTEMPT 1 Challenger	ATTEMPT 2 Challenger	ATTEMPT 3 Challenger
		ATTEMPT 1 Legendary	ATTEMPT 2 Legendary	ATTEMPT 3 Legendary