ATHLETICS

COVENTRY, SOLIHULL & WARWICKSHIRE VIRTUAL SCHOOL GAMES

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW. RETWEET. GET INVOLVED.

Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.

SELF BELIEF   TEAMWORK   DETERMINATION   HONESTY   PASSION   RESPECT

Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to the Think Active webpage
www.thinkactive.org/cyp/school-games-virtual-challenge/
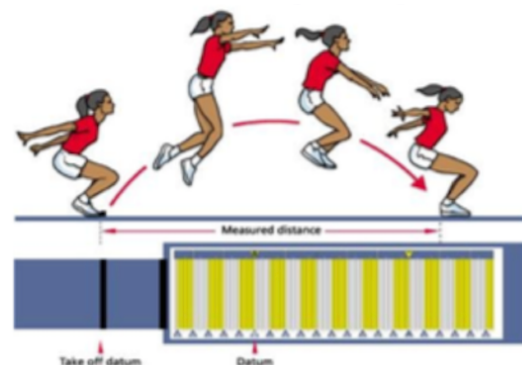
Challenge 1 - Standing Long Jump

Equipment - A tape measure to record your effort
Video support - **https://youtu.be/5_J-EiTecHQ**

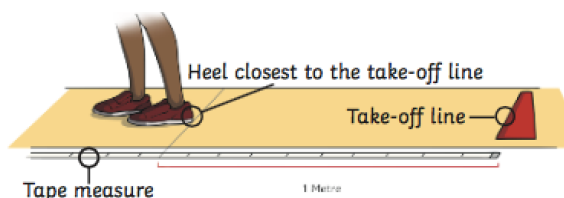**PLEASE USE A FLAT / DRY SURFACE**

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

Measured distance

Take off datum   Datum

Recording your score -
Measure in cm from the take-off line
to the back of the closest heel on landing

Heel closest to the take-off line

Take-off line

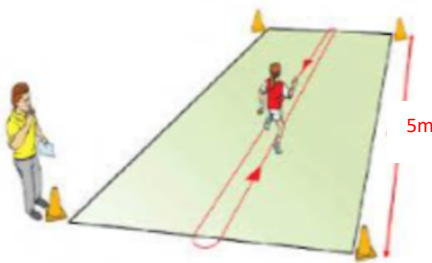Tape measure   1 Metre

SCHOOL GAMES

Challenge 2 - 10 x 5m Shuttle Run

Equipment -
- Cones, pegs, tape, tins etc.. to create your running lane.
- A stop watch to record your score

Video support – https://youtu.be/5_J-EiTecHQ

PLEASE USE A FLAT / DRY SURFACE

Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc…) to create the running lane.

Each participant runs the 5m distance a total of 10 times to complete 50m. A handheld stopwatch or smart phone stopwatch can be used to record the time.

Recording your score -
Time how long it takes you to complete 10 shuttles (50m). This should be done as quickly as possible. To get your score for this event you will need to take your time away from 100.
For example, if you ran the 10 shuttle in 23.23 seconds your score would be 100-23.23 = **76.77**

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@campion.warwickshire.sch.uk

SUBMIT YOUR SCORE

Make sure you join us again next week for the next **Virtual School Games** competition...

WIN PRIZES

CRICKET

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Take your final scores from both challenges, and add them together to get your result.

Standing Long Jump + Shuttle run = TOTAL SCORE

Submit your **TOTAL SCORE** via the link –
www.surveymonkey.co.uk/r/CSWVirtualAthletics

Entries must be submitted by 1pm on Friday 15th May

Participants – All participants will receive access to an e-certificate on completion of each challenge.

Individuals – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive **a £5.00 AMAZON E-VOUCHER.**

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will receive a **£75.00 PE equipment voucher.**