SHEFFIELD VIRTUAL SCHOOL GAMES 2020
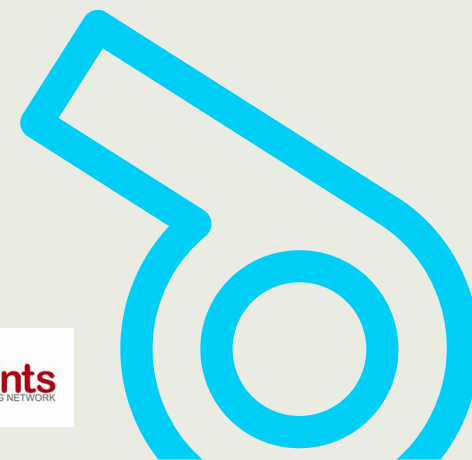## 22ND – 26TH JUNE
FS2 – YEAR 10

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INTRODUCTION

Due to the current situation around the Corona Virus, many school competitions, events and sports days have been cancelled. This competition pack has been created by the Sheffield School Games Organisers to enable pupils across Sheffield to compete in simple generic sport skills against pupils from other schools whether they are attending school, or being home schooled.

The competition consists of 8 simple skills that can be completed at school in home:

Speed Bounce
Target Throw
Keepie Uppies
Coordination Station
Clap Catch
Plank For Points
Healthy Selfie
Creative Challenge

All you have to do is follow the activity cards, complete the challenge and record your scores on the scoresheet. Once you have completed all of the challenges, follow the link below and submit your results:

shorturl.at/iCTY3

KEY DATES

National School Sports Week (NSSW) takes place 22nd-26th June 2020. The Sheffield Virtual School Games Competition will be open to FS2 through to Y10.

The competition will be split into the following categories:

FS2-Y2
Y3-Y4
Y5-6
Y7-Y8
Y9-Y10

Pupils will be able to submit their scores from 9am Monday 22nd June until 5pm Thursday 25th June with the results being announced throughout Friday 26th June.

SCORING

- Scores will be calculated on an average score based on how many pupils have taken part. A minimum of 20 scores must be submitted for each school and category. Bonus Points will be awarded for every school that submits over 50 results in a category.
- Pupils, parents and teachers can submit their scores via the link above to add points to their school total.
- Trophies will provided for the winning schools in each category.

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ACTIVITY 1
SPEED BOUNCE

DESCRIPTION

If you are in school, use a speed bounce mat or divide a gym mat into two by placing a length of tape down the middle of it. If you are at home and gym mats are not available, improvise by using a line of cones, skipping rope, crack in the pavement, masking tape etc...

The aim of the activity is to see how many times you can cross the tape/line with your feet together in 30 seconds. Both feet should touch the same side of the mat/floor at the same time to complete each bounce.

Scan the QR Code link to watch a useful video

EQUIPMENT REQUIRED

Speed Bounce Mat/Gym Mat/Line to Jump Over
Stop Watch

HOW TO SCORE

One correct cross of the tape in either direction counts as one bounce. It may be easier to have somebody counting the bounces whilst somebody else times. Record your performance on the scoresheet.

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ACTIVITY 2
TARGET THROW
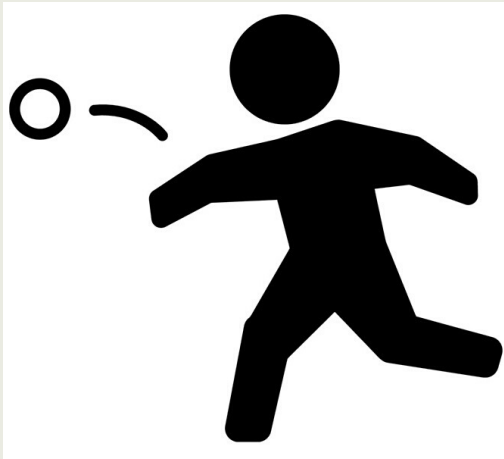
DESCRIPTION

Place a bucket on the floor and take 5 large steps away. Simply throw a tennis ball into the bucket as many times as you can in 1 minute. After every attempted throw, run and retrieve your ball, return to the 5 metre distance and throw again.

If you do not have a ball or bucket, improvise and use something else from around your house such as throw a toilet roll into a small bin or throw a small teddy into a large saucepan etc...

EQUIPMENT REQUIRED

1 item to throw – tennis ball/bean bag/toilet roll/small teddy
Something to throw the item into – a hoop/bucket/small bin/large saucepan
A tape measure to mark out 5 metres

HOW TO SCORE

Score 1 point for every throw that lands in your target bucket.
Record your performance on the scoresheet.

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ACTIVITY 8
KEEPIE UPPIES

DESCRIPTION

Use any safe object (ball, soft toy, rolled up socks etc…) and keep it up using any part(s) of your body as many times as you can in 1 minute – Use your imagination!

If you drop the object, start again at zero – we want you to submit your top score.

EQUIPMENT REQUIRED

1 object which you will use to keep up e.g. tennis ball, teddy bear, rolled up socks, a toilet roll
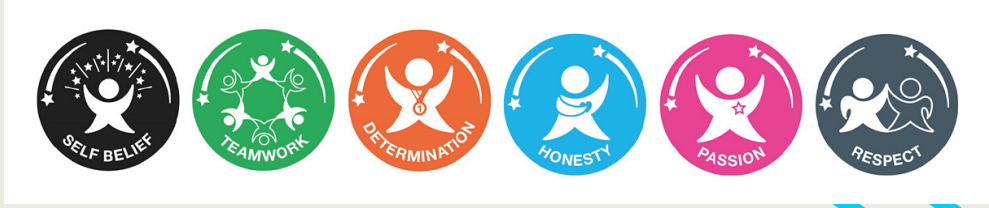A stopwatch or somebody to time 1 minutes.

HOW TO SCORE

Time for 1 minutes.
Score 1 point for every keep up that you manage.
Record your score on the scoresheet.

Scan the QR Code link to watch a useful video

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ACTIVITY 4
COORDINATION STATION

DESCRIPTION

Find a wall and stand 2 metres away from it.

Throw a ball against the wall and catch the rebound. Repeat the process making as many catches as possible in 1 minute.

Tips: Have a practice using two hands to throw and catch. If this is too easy, use one hand to throw and catch. If you find this too easy, you can always use your weaker hand to throw and catch!

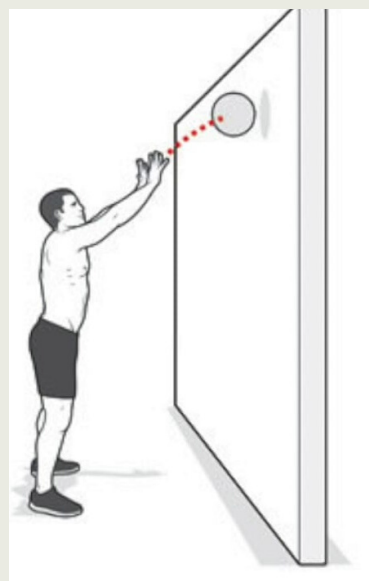### EQUIPMENT REQUIRED

A ball and a wall
A stopwatch/timer

HOW TO SCORE

For every catch made, you score one point.
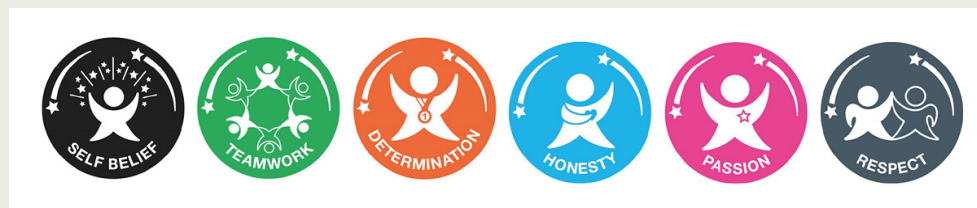Record your score on the scoresheet.

Scan the QR Code link to watch a useful video

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ACTIVITY 5
CLAP CATCH

DESCRIPTION

Start by tossing a ball in the air (or similar sized object such as a screwed up piece of paper). While the object is in the air, clap your hands once then catch the ball/object. Next, throw the ball/object again, clap your hands twice, and catch. Continue tossing the ball/object, increasing your claps by one each time.

You have two minutes to see how many claps you can make without dropping the ball.

EQUIPMENT REQUIRED

A ball or similar sized object
A stopwatch/timer

HOW TO SCORE

Score a point for the maximum number of claps you achieve without dropping the ball e.g. if you can make 3 claps and a catch the ball, you score 3 points.
Record your performance on the scoresheet.

Scan the QR Code link to watch a useful video

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ACTIVITY 6
PLANK FOR POINTS

DESCRIPTION

Plank for as long as you can for a maximum time of 3 minutes using the same position as in the diagram. Get somebody to time for you.

Tips: Use an exercise or yoga mat for comfort. Try and avoid completing the task on hard surfaces. Keep your back flat, don't stick your bum in the air.

Scan the QR Code link to watch a useful video

EQUIPMENT REQUIRED

Stopwatch

HOW TO SCORE

Simply record how long you can plank for in minutes and seconds.
Record your performance on the scoresheet.
When submitting your score, tick the relevant time bracket box.

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ACTIVITY 7
HEALTHY SELFIE

DESCRIPTION

Simply submit a photo of yourself doing something healthy and active.

Be as creative as possible!!

Scan the QR Code link to watch a useful video

EQUIPMENT REQUIRED

A camera/mobile phone camera
The rest of the equipmemt is up to you!

HOW TO SCORE

Submit your photo to our website to score 10 additional points!

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ACTIVITY 8
CREATIVE CHALLENGE

DESCRIPTION

Create a brand new game using hosehold objects and play it with your family.

Why not write up your idea and submit it via our website?

Use Word or Powerpoint to write up your idea.

Take photo or video of you and your family playing your new game and submit to our website or use #SheffieldSchoolsGetActive on Twitter

EQUIPMENT REQUIRED

Entirely up to you!

HOW TO SCORE

Simply submit your ideas via our website to score extra points but don't forget to include your school name!

Scan the QR Code link to watch a useful video

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SCORESHEET

Simply use the sheet below to record your scores. When you have completed all the challenges, visit shorturl.at/iCTY3 or scan the QR Code and submit your scores

SCAN ME

ACTIVITY 1 SPEED BOUNCE	ACTIVITY 2 TARGET THROW	ACTIVITY 3 KEEPIE UPPIES	ACTIVITY 4 COORDINATION STATION

ACTIVITY 5 CLAP CATCH	ACTIVITY 6 PLANK FOR POINTS	ACTIVITY 7 HEALTHY SELFIE	ACTIVITY 8 CREATIVE CHALLENGE
		Submit photo to score points	Submit photo to score points

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