

SCHOOL GAMES

Competition Age

Categories:

Pre School / Reception
Year 1/2
Year 3/4
Year 5/6
Year 7/8
Years 9/10/11/12/13
Adults

County Durham are running a virtual School Games Event on Friday 3rd July 2020 that young people can participate in and represent their school whether they are in school or at home.

The focus is on taking part and doing your Personal Best!

Adults can even try the challenges and have a go!

COUNTY DURHAM VIRTUAL SCHOOL GAMES

SAVE THE DATE FRIDAY 3RD JULY



The competitions are designed to be very simple and require little equipment to take part!

TIP: Eyes on the target, swing your arm all the way through and finish pointing at the target.



RULES:

- Set up a target (4-pint milk bottle or something of a similar size).
- Start standing close and throw a tennis ball (or other small ball) at your chosen target.
- Each time you hit the target move further away.
- Your score is the furthest distance you have managed to hit your chose target from recorded in cm/m (e.g. 5.86m)

School Games Challenge 2 The Target Throw Challenge

How far away can you stand from a target and hit it?

- Use a 4-pint plastic milk bottle OR a similar target
- Use a tennis ball (or other small ball)

To take part in this challenge please visit our Virtual School Games webpage and enter your results and also if possible please post a video or photos of your attempt at completing the challenge: <https://durhamcls-ssp.co.uk/vsg20>

Closing Date for entries is Friday 3rd July 2020

We will ask **your first name, the name of the school you attend, year group and your best number of touches!** Each participant can earn points for their school simply by having a go and entering their **Personal Best results!**

*Results will be shared on the following platforms:

<https://durhamcls-ssp.co.uk/vsg20>

@DurhamCLSSSP Facebook Page

@DurhamCLS_SSP Twitter Account

@SedgefieldSSP Facebook Page

@SedgefieldSSP Twitter Account

Easington SSP – google drive & weekly newsletter

Keep an eye out on social media for SSP staff trying the challenges.... Can you beat their score???!

