

HEREFORDSHIRE VIRTUAL SCHOOL GAMES

SPRING GAMES

INFORMATION FOR TEACHERS

THE GAMES

With the continuing pandemic, we will once again be bringing you a virtual school games.

WHEN

The games will take place between the 15th and 18th March 2021. It is up to you how you would like to run this in your school, we just require results for all challenges by 18th March 2021.

THE ACTIVITIES

There will be 4 sporting activities and one cultural activity for your pupils to take part in. There will be videos of each challenge on our social media channels.

ADAPTING THE GAMES

We have outlined all of the challenges in this document with ideas of how you can adapt them to cater for all pupils/limited equipment.

PRIZES!

If your school submits entries for any of the competitions, you will be entered into a prize draw! High Schools - £60 sports equipment / primary schools - £50 book tokens.

SOCIAL MEDIA

We will be posting all of the challenges on our social media, it would be great to see your pupils getting involved. You can tag us on twitter @stride_active or on facebook @strideactive1

RESULTS

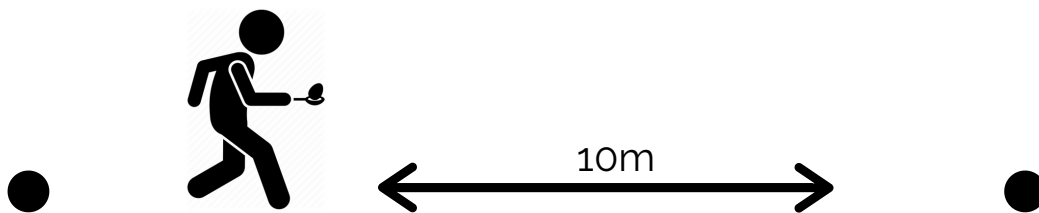
Please collect the results for pupils in your school and send the total score and how many students took part **for each challenge** to **kieram@strideactive.org** by **Thursday 18th March 4pm**.

HEREFORDSHIRE VIRTUAL SCHOOL GAMES BALANCE CHALLENGE!

THE CHALLENGE

Measure a 10m distance using two markers.

Balancing a ball on a bat, see how many shuttles you can complete in 30 seconds. If you drop the object you must pick it up and rebalance it before you start to move again.



EQUIPMENT

Try and use a tennis racquet / cricket bat / table tennis paddle and balance a ball on this item.

ADAPTATIONS

Use a bigger bat and ball or balance a balloon on your hand.
Use a boiled egg and spoon or a book and a piece of fruit.

SCORING

You score 1 point for each shuttle you complete.

RESULTS

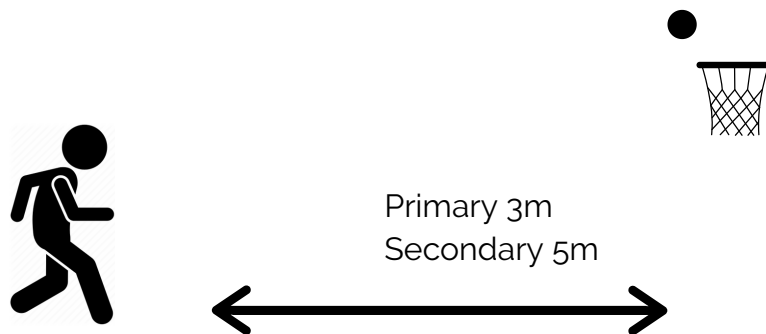
Please send the total score and how many students took part into kieram@strideactive.org by **Thursday 18th March 4pm.**

HEREFORDSHIRE VIRTUAL SCHOOL GAMES TARGET CHALLENGE!

THE CHALLENGE

Throw an object into the target area from 3m (primary) or 5m (high) away. You have 60 seconds.

You must collect your object yourself and go back to your throwing line before you make another attempt.



EQUIPMENT

Use a netball or basketball ring and one ball to score as many goals/baskets as possible in the time.

ADAPTATIONS

If throwing is too difficult, mark an area out on the floor and roll a ball into a marked area.

Use a scrunched up piece of paper and a bin

SCORING

You score one point for each successful throw or roll.

RESULTS

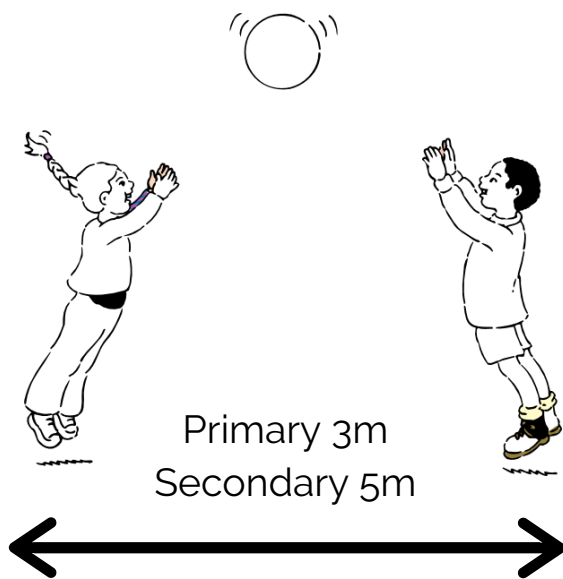
Please send the total score and how many students took part into kieram@strideactive.org by **Thursday 18th March 4pm.**

HEREFORDSHIRE VIRTUAL SCHOOL GAMES CATCH AND PASS CHALLENGE!

THE CHALLENGE

With a partner pass a ball back and forth as many times as you can in 60 seconds

Primary stand 5m away high stand 7m away



EQUIPMENT

Use a basketball, netball, tennis/cricket ball.

ADAPTATIONS

Use a balloon and stand closer to your partner.

Use any ball or a small cushion if you don't have a ball.

SCORING

You score a point for each successful catch you and your partner make.

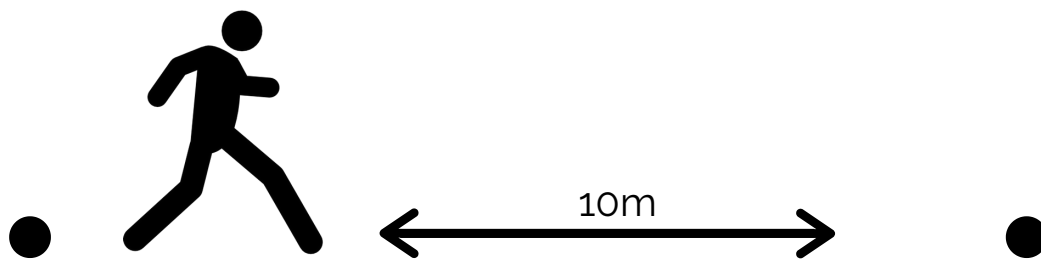
RESULTS

Please send the total score and how many students took part into kieram@strideactive.org by **Thursday 18th March 4pm.**

HEREFORDSHIRE VIRTUAL SCHOOL GAMES RUNNING CHALLENGE!

THE CHALLENGE

Mark out a 10m course, the aim is to complete as many shuttles as you can in 60 seconds.



EQUIPMENT

2 cones and use a partner to time and count your shuttles.

ADAPTATION

Use a scooter (make sure the area is safe).

SCORING

You score a point for each shuttle you complete.

RESULTS

Please send the total score and how many students took part into kieram@strideactive.org by **Thursday 18th March 4pm.**

HEREFORDSHIRE VIRTUAL SCHOOL GAMES CULTURAL COMPETITION

Write your own School Games acrostic poem

Choose any School Games value (we've listed them below) and write an acrostic poem on this theme, linking in sport and being active wherever you can!

Submit entries to kieram@strideactive.org by **4 pm on Thursday 18th March 2021.**

The winning entry will be used to launch our Summer School Games!

Ideas to implement:

- Encourage students to research an acrostic poem if they're not familiar with it.
- Share this with your literacy lead as a whole school literacy task.
- Poems can be completed individually in schools or children can be allocated a letter each and a bubble entry can be submitted.

