

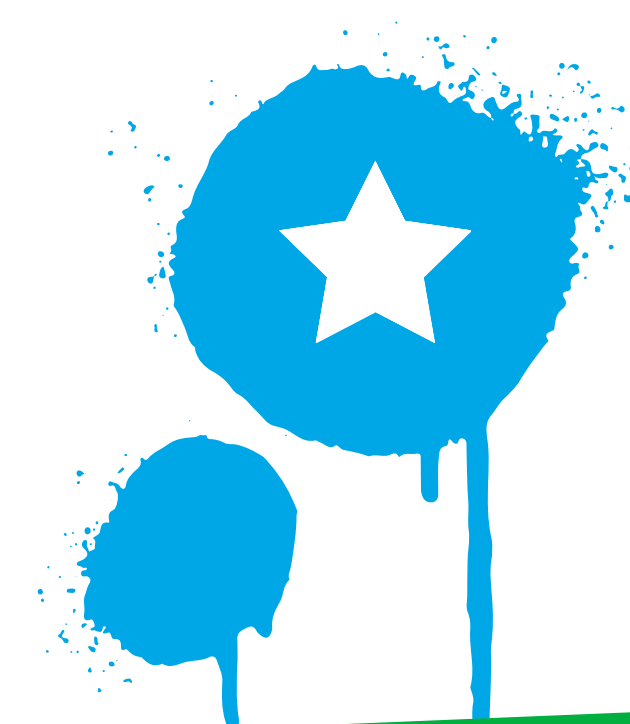
HEREFORDSHIRE SCHOOL GAMES

SCHOOL  
GAMES



# SUMMER FESTIVAL

7TH JULY 2021



#HfdSchoolGames



With the continuing pandemic, we will once again be bringing you an adapted version of the Herefordshire School Games.

## WHEN

7th July 2021

## THE ACTIVITIES

There will be 4 sporting activities and two cross-curricular activities for your pupils to take part in.

## 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.

## YOUNG LEADERS

Why not use your own young leaders to run, manage and organise some of the activities? They could even run practices before the event or give out the value awards.

## SPRIT OF THE GAMES

As part of your packs, you will be given values medals and wrist bands. We would like schools to recognise those children who demonstrate any of the School Games values throughout the challenges.

**DETERMINATION**

**PASSION**

**SELF BELIEF**

**TEAMWORK**

**HONESTY**

**RESPECT**

## RESULTS

**Entries for the cross-curricular challenges (t-shirts and articles):**

All entries to be emailed to Kieram by **4pm on 18th June**.

**Entries for the Activity Challenges:**

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](mailto:kieram@strideactive.org) by **Thursday 8th July 5pm**. We will send you a template to make this easier.

**Don't forget to warm up & cool down!**

## SOCIAL MEDIA

We will be posting all of the challenges on our social media, it would be great to see your school taking part in them! Use the **#HfdSchoolGames** so we can see you in action!

## VISITING YOUR SCHOOL

If you have requested a visit to your school when signing up, we will be in touch to arrange an approximate time slot. All visits will follow Covid-safety measures. We'd love to see young people in action when visiting on the day.

## MOOVIN'!

If you have entered your school into the prize draw to receive a visit from Moovin', we will be in touch with the winning schools after the entry closing date.

**#HfdSchoolGames**

## CHALLENGE 1

### HOW FAST CAN YOUR SCHOOL MOVE?

#### THE CHALLENGE

How fast can you cover 5km/10km as a school? Using up to 100 young people, how quickly can you cover the allocated distance in a relay format. You could measure out your field and run around it, Measure a 50m straight and relay from one end to the other. All we ask is that only one person is running at a time.

#### ADAPTATIONS

Reduce the distance for some pupils, have a wheelchair friendly surface, set a time limit rather than a distance for the participants, use staff too.

#### SCORING

How long has it taken for your school to complete the distance?

## CHALLENGE 2

### HEREFORDSHIRE, HOW FAR CAN WE JUMP?!

#### THE CHALLENGE

Get as many young people / teachers as you can to complete a standing long jump and add up the distance (1 jump per person).

#### ADAPTATIONS

You could take a big step, a roll of a wheel chair or a swing.

#### SCORING

We will add all the distances together and see how far Herefordshire schools can jump together. You could even make this into an intra-school competition to see how far each class can jump before submitting your total to us!

## CHALLENGE 3

### HOT SHOTS

#### THE CHALLENGE

Using a netball post or basketball hoop, how many goals/baskets can you sink in 60mins as a school? You can use as many young people as you want, but you must only use one ball throughout the 60 minutes (the clock can be stopped to transition a different bubble in and clean the ball).

#### ADAPTATIONS

Make a different target, such as a bucket and a bean bag.

#### SCORING

You score a point for each successful shot you make.

## RESULTS

Please send your scores and how many pupils took part into [kieram@strideactive.org](mailto:kieram@strideactive.org) by Thursday 8th July 5pm.



## CHALLENGE 4 TEAMWORK TASKS!

### TASK ONE

Can you spell out 'School Games' just using your body?  
How many people can you use?  
Take a photo of your attempt and send it to us!

### TASK TWO

In a group of 6 everyone stands in a line with their right hand on the shoulder of the person in front of them and their left leg forward so that the person in front of them can hold their ankle. The group then sees how far they can hop along together without toppling over. Once you get the hang of it you could see who can hop the furthest/longest.

### TASK THREE

Stand in a circle and raise your arms with only your index fingers extended. Place a hula hoop on the tips of everyone's fingers. The challenge is to lower the hoop to the ground without dropping it. Everyone must keep a fingertip on the hula hoop at all times, but you are not allowed to hook your finger around it or otherwise hold the hoop. (minimum 4 people).

**CROSS-CURRICULAR: YOU CAN LINK THIS IN WITH PSHE TOO!**

## TEACHER CHALLENGE!

### HOW'S YOUR BALANCE?!

#### THE CHALLENGE

Measure out a 10m line, balance a book on your head and see how many shuttles you can complete in 60 seconds. The more participants the bigger the score!

#### ADAPTATION

Use another flat object like a plastic plate.

#### SCORING

You score 1 point for each shuttle you complete. Add all of the points together and submit an overall staff score to us!

## RESULTS

Please send the total score and how many staff took part into [kieram@strideactive.org](mailto:kieram@strideactive.org) by Thursday 8th July 5pm.



## WHAT DO THE SCHOOL GAMES MEAN TO YOU?



We want to know what the School Games values mean to you.

The six School Games values - Passion, Self-Belief, Respect, Honesty, Determination and Teamwork - were developed by young people to reflect the 'spirit' of the School Games.

### DESIGN A T-SHIRT

#### SUBJECT: ART

##### TASK

Design a t-shirt based on the School Games values; you could focus on one, or represent them all. Think about what would inspire others if they were wearing your t-shirt whilst competing in the School Games.

The winning design will be made into a t-shirt for Moovin' (the Herefordshire School Games Mascot) to wear next year!

### BECOME A SCHOOL GAMES JOURNALIST!

#### SUBJECT: LITERACY

##### TASK

We're on the lookout for a budding journalist! We want you write a news article about your favourite sporting moment to inspire others to get active!

Things to think about:

- Why was this your best moment?
- How did it make you feel?
- Can you base it on a previous School Games experience?
- Can you demonstrate any of the school games values in your story?
- Will you use quotes from people?
- What adjectives will you use to set the scene?
- What facts do you need to collect about the event to use in your piece?
- Can you include paragraphs, subheadings & rhetorical questions or any other ways that you can think of to open your sentences?

A selection of articles will be used to help inspire future School Games participants.

## RESULTS

Please send all of your entries to [kieram@strideactive.org](mailto:kieram@strideactive.org) by 4pm on Friday 18th June 2021.