

HEREFORDSHIRE VIRTUAL SCHOOL GAMES SUMMER 2020

29TH JUNE – 3RD JULY 2020



WELCOME!

As you know, due to the unprecedented nature of COVID-19 we had to take the decision to cancel the Herefordshire Summer School Games events. However, we didn't want pupils to miss out!

Over the last 2 months, Stride Active have been setting sporting challenges for pupils (and teachers!) to take part in at home. To celebrate the Summer School Games, Active Herefordshire & Worcestershire and Stride Active have teamed up once again to host a week-long festival of challenges. The activities will be aimed towards pupils both at school and at home.

Alongside a week-long dance challenge, we will bring you a new sporting challenge every day. All winners will be announced at the end of each day. As usual, the efforts of every pupil will be recognised and participants will be awarded with an e-certificate.

We look forward to seeing you take part in the challenges. Stay safe and good luck!

- Herefordshire Local Organising Committee



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MONDAY

Opening Ceremony: 9.30 am

Welcome, warm up &
message of good luck

Activity 1: Tennis

Week challenge:
Dance

Results:

Tennis results need to
be submitted by 4pm.
Winners will be
announced at 5pm.

TUESDAY

Welcome: 9.30 am

Message of good luck

Activity 2: Athletics

Results

Athletics results need to
be submitted by 4pm
Winners will be
announced at 5pm.

WEDNESDAY

Welcome: 9.30 am

Message of good luck

Activity 3: Rugby

Results

Rugby results need to be
submitted by 4pm
Winners will be
announced at 5pm.

THURSDAY

Welcome: 9.30 am

Message of good luck

Activity 4: Cricket

Results

Results for cricket and
dance need to be
submitted by 4pm
Winners will be
announced at 5pm.

FRIDAY

Welcome: 9.30 am

Message of good luck

Activity 5: Basketball

Results

Basketball results need to
be submitted by 12pm
noon. Winners will be
announced at 5pm.

Closing Ceremony: 2.30 pm
Results and closing remarks

HEREFORDSHIRE VIRTUAL SCHOOL GAMES

SUMMER 2020

TENNIS CHALLENGE

29TH JUNE – 3RD JULY 2020



PRIMARY

The Challenge

Using a racket or something similar (bat/cereal box etc.), see how many hit-ups you can do in 60 seconds.

Scoring

You score 1 point for each hit up.

SECONDARY

The Challenge

Using a racket or similar, how many 'Fish Chips Peas' (Front/Back/Side) sequences can you do in a row?

Scoring

You score 1 point per hit, e.g. one set of 'Fish chips peas' will score you 3 points.

INCLUSIVE

The Challenge

Using a balloon and a racket/bat/box, see how many hit-ups you can do in 60 sec.

Scoring

You score 1 point for each hit.

TOP TIPS

Haven't got a racket?

Why not use a book, box or your hand!

Missing a ball?
Why not use a rolled up pair of socks!

TEACHERS

We will be posting demo videos on @ActiveHW & @stride_active social media as well as on the Active HW website.

Your school score will be the total divided by the number of pupils that took part.

Please ensure all of your results are submitted by 4pm via the survey links which will automatically give you access to your participation certificates. Alternatively, you can email your results to Kieram (kieram@strideactive.org).

Results will be announced on social media at 5pm.



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ATHLETICS CHALLENGE

29TH JUNE – 3RD JULY 2020



PRIMARY, SECONDARY & INCLUSIVE

The Challenge

Use 2 objects to mark out a distance of 5 metres.

How many shuttle runs between the markers can you complete in 60 seconds?

This challenge will be split into Primary/ High/ Inclusive results categories

Scoring

You score 1 point for every shuttle run, i.e. if you ran there and back you would score 2 points.

TOP TIPS

Make sure you have enough space!

Pace yourself

Make sure you are wearing suitable footwear

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RUGBY CHALLENGE

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The Challenge

Using a rugby ball (or something similar like a rolled up pair of football socks), set a target up around waist height.

You then have 60 seconds to hit the target as many times as possible passing your object with a 'rugby pass action'.

You may only use one ball but someone can throw you the ball back after each attempt.

PRIMARY

Stand 4 metres away

SECONDARY

Stand 7 metres away

INCLUSIVE

Stand a challenging distance away

Scoring

You score a point for each time you hit the target

TOP TIPS

Check that you have enough space and that you are not throwing the ball towards anything breakable!

Try to make sure your hands follow through so they are pointing at the target

Haven't got a ball? Why not use a rolled up pair of socks!

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CRICKET CHALLENGE

PRIMARY

The Challenge

Mark 4 paper targets on a wall. Mark each target with a score: 6, 4, 2 & 1.

Stand 3 metres away and using an underarm/overarm throw you have 60 seconds to hit the targets.

Try to score as many points as possible. If you hit a 6 take a step back, if you hit a 4 take half a step back.

Scoring

Count the number of points in 60 seconds.

SECONDARY

The Challenge

Bowl a ball at a stumps sized target from roughly 10 metres away. You have 60 seconds to hit the stumps as many times as possible.

You may only use one ball but someone can throw you the ball back after each attempt.

Scoring

You score 5 points for every time you hit the stumps in 60 seconds

INCLUSIVE

The Challenge

You can do either challenge but at a closer distance should you need to.

TOP TIPS

Haven't got a ball? Why not use a rolled up pair of socks?

Primary:
Stand sideways to target, stable base and your lead arm should act as aim pointing to the target.

Secondary:
Steady run up, follow through, hips & shoulders in line

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BASKETBALL CHALLENGE

29TH JUNE – 3RD JULY 2020



PRIMARY

The Challenge

Year 3 & 4

Pass a ball around your waist as many times as you can in 30 seconds.

Scoring

Your score is how many times the ball completes a full rotation.

Year 5 & 6

Pass a ball between your legs in a figure of 8 movement as many times as you can in 30 seconds.

Scoring

Your score is how many times the ball passes around each leg

SECONDARY

The Challenge

Pass a ball behind your back and catch it with your other hand, then repeat this from the other side. How many times can you do it in 60 seconds?

Scoring

Your score is the number of catches you successfully make.

INCLUSIVE

The Challenge

This is a seated challenge using a ball. Bounce the ball off the floor and catch it on one side, then try the other. How many times can you do it in 30 seconds?

Scoring

Your score is the number of catches you successfully make.

TOP TIPS

Keep your eyes on the ball, find a rhythm and try to use your fingertips.

Don't have a ball? Why not find a similar size object such as a small cushion, soft toy, a balloon etc.

TEACHERS

We will be posting demo videos on @ActiveHW & @stride_active social media as well as on the Active HW website.

Your school score will be the total divided by the number of pupils that took part.

Please ensure all of your results are submitted by 12pm via the survey links which will automatically give you access to your participation certificates.

Alternatively, you can email your results to Kieram (kieram@strideactive.org).

Results will be announced on social media at 2.30pm.



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DANCE CHALLENGE

29TH JUNE – 3RD JULY 2020



PRIMARY, SECONDARY & INCLUSIVE

The Challenge

We would like you to create a dance routine to tell the story of your lockdown experience.

Have you used any of the School Games values? To remind you, the values are: Determination, team work, honesty, passion, respect and self belief.

Results will be split into Primary/High/Inclusive categories

Record your video and send it to your teacher.

TOP TIPS

Make sure you have enough space

Your routine should be between 1 and 2 minutes long

Record your video in landscape

TEACHERS

Videos are submitted to the school and teachers will select one routine to submit to Stride Active.

Please confirm that you have obtained consent to share the video with us and your routine is emailed to us by 5pm on Thursday 2nd July

Results will be announced at 2.30pm during the closing ceremony on Friday 3rd July.



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RESULTS SUMMARY FOR TEACHERS

Demonstration videos can be found on the Active HW website or YouTube channel using the following links:

<https://www.activehw.co.uk/herefordshire-school-games>

Tennis: <https://youtu.be/iDPfF5FAocl>

Athletics: <https://youtu.be/HMHHY-oBqoc>

Rugby: <https://youtu.be/AFzc62-r9MA>

Cricket: <https://youtu.be/m6hr8J7i9nk>

Basketball: <https://youtu.be/mwJejbjRntU>

Forms to enter your results can be found on the Active HW website using the following links for each challenge:

Tennis: activehw.co.uk/forms/view/tennis-virtualsg

Athletics: activehw.co.uk/forms/view/athletics-virtualsg

Rugby: activehw.co.uk/forms/view/rugby-virtualsg

Cricket: activehw.co.uk/forms/view/cricket-virtualsg

Basketball: activehw.co.uk/forms/view/basketball-virtualsg

By submitting your results through the website you will automatically be directed to a participation certificate which you can download. Alternatively, entries can be also sent directly to Kieram (kieram@strideactive.org) & certificates can be downloaded here:

<https://www.activehw.co.uk/certificates1>

The demonstration videos will also be posted on our social media accounts:

Twitter

@ActiveHW & @stride_active

Facebook

@ActiveHW & @strideactive1

SCORING & RESULTS

The scores are based on the average score for each event you have an entry in. E.g. 10 entries with a total of 100 points give you a school average of 10. Don't forget to tell us how many young people took part per event.

Monday - Thursday challenge results will be announced on social media at 5pm each day. Friday's challenge and the dance competition results will be announced within the closing ceremony 2.30pm on Friday 3rd July.