

Competition Age Categories:

Pre School / Reception

Year 1/2

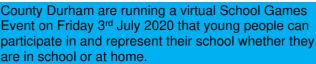
Year 3/4

Year 5/6

Year 7/8

Years 9/10/11/12/13

Adults



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

Adults can even try the challenges and have a go!



## SAVE THE DATE Friday 3rd July



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





School Games Challenge 4
Gymnastic One-foot Balance Challenge

How long can you hold a one-foot balance for?

- \*One-foot stand on floor balance for Pre School / Reception
- \*One-foot stand on cushion balance for Year 1/2
- \*One-foot stand on floor (on tip toe) for Years 3/4/5/6
- \*One-foot stand on floor with eyes closed for Year 7 and over

## **RULES:**

- Perform the one-foot balance specified for your age group
- Your score is the time (in seconds/minutes) you are able to hold your one-foot balance for!

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 3<sup>rd</sup> 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

Easington SSP – google drive & weekly newsletter

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









