

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!



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 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???!



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