

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!

TIP: Hands clap at the top of the star jump. Move arms and legs at the same time. Bring feet together.



School Games Challenge 5 The Star Jump Challenge

How many Star Jumps can you do in 60 seconds?

- Find a flat, safe space
- Timer for 60 seconds

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??!

RULES:

- Time yourself for 60 seconds
- Do as many correct, full star jumps as possible
- **Your score is the number of full star jumps completed in 60 seconds (ONE = start with feet together, jump out and hands clap, finish with feet together)**

