



County Durham SGO's are organising a Virtual School Games Event on Friday 3<sup>rd</sup> 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 beating your Personal Best!

Adults can even try the challenges and have a go!

The mission of the County Durham Virtual School Games is to give the unique opportunity for every young person to take part in the National School Games programme. The Virtual Games aim to engage, motivate and inspire young people to be physically active and promote wellbeing.

COUNTY DURHAM  
VIRTUAL  
SCHOOL  
GAMES

SAVE THE DATE  
FRIDAY 3<sup>RD</sup> JULY



### Format:

The Virtual Games will consist of 5 physical/skill based challenges which require little or no equipment:

- 1) The Keepy Up Challenge
- 2) Target Practice
- 3) Throw and Catch
- 4) Gymnastic One Foot Balance
- 5) Star Jumps

The Virtual Games will also involve a Photography Challenge linked to the SIX School Games Values: Determination, Honesty, Passion, Respect, Self-Belief, & Teamwork

Participants are encouraged to enter their personal best scores on the Virtual School Games Webpage:

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

There will be an inter-school competition, with participants earning points for their school by simply taking part in the challenge (each challenge attempt will earn a school 1 point!)

There will also be individual leaderboards for every challenge for each competition age category published on Monday 6<sup>th</sup> July 2020

Details of the challenges will be announced on Friday 26<sup>th</sup> June 2020 and participants have all week to practice and hopefully submit their results and videos/pictures of themselves completing the challenges by 5pm on the Official Virtual School Games Day – Friday 3<sup>rd</sup> July 2020.

All schools will be informed about the Virtual School Games by their School Games Organiser and will be encouraged to 1) get pupils who are in school to take part in the challenges 2) send information about the Virtual School Games to parents and guardians so children at home also have the opportunity to participate and represent their school in the Virtual School Games!



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