

# ATHLETICS

Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.

COVENTRY, SOLIHULL  
& WARWICKSHIRE

VIRTUAL

SCHOOL  
GAMES

#STAYINWORKOUT

#STAYHOMESTAYACTIVE

FOLLOW. RETWEET. GET INVOLVED.



**Honesty** with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to the Think Active webpage  
[www.thinkactive.org/cyp/school-games-virtual-challenge/](http://www.thinkactive.org/cyp/school-games-virtual-challenge/)

## Challenge 1 - Standing Long Jump

**Equipment** - A tape measure to record your effort

**Video support** - [https://youtu.be/5\\_J-EiTecHQ](https://youtu.be/5_J-EiTecHQ)

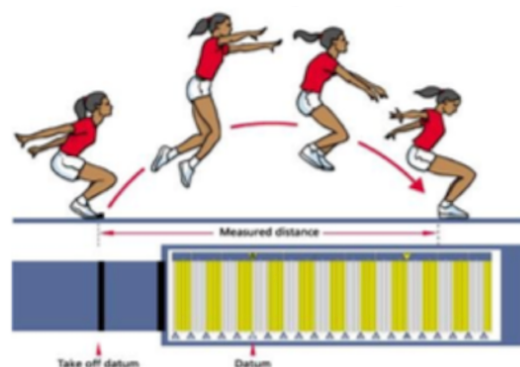
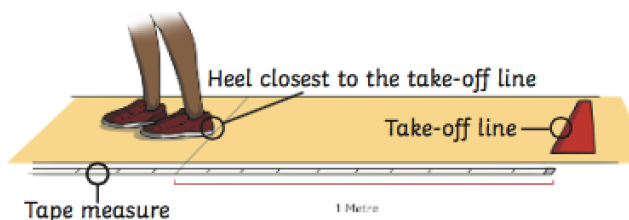
**PLEASE USE A FLAT / DRY SURFACE**

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**Recording your score -**

Measure in cm from the take-off line to the back of the closest heel on landing



# SCHOOL GAMES

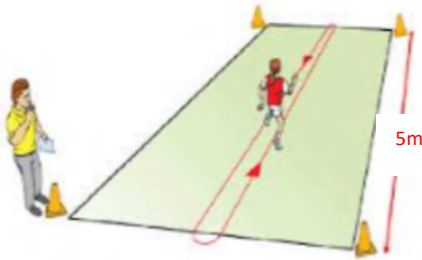
# Challenge 2 - 20 x 5m Shuttle Run

## Equipment -

- Cones, pegs, tape, tins etc.. to create your running lane.
- A stop watch to record your score

Video support – [https://youtu.be/5\\_J-EiTechHQ](https://youtu.be/5_J-EiTechHQ)

**PLEASE USE A FLAT / DRY SURFACE**



Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc..) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

## Recording your score -

Time how long it takes you to complete 20 shuttles (100m). This should be done as quickly as possible. To get your score for this event you will need to take your time away from 100.

For example, if you ran the 20 shuttle in 23.23 seconds your score would be  $100 - 23.23 = \underline{76.77}$

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – [alik1@campion.warwickshire.sch.uk](mailto:alik1@campion.warwickshire.sch.uk)

**SUBMIT YOUR  
SCORE**

Make sure you  
join us again next  
week for the next  
Virtual School  
Games  
competition...



Take your final scores from both challenges, and add them together to get your result.

**Standing Long Jump + Shuttle run = TOTAL SCORE**

Submit your **TOTAL SCORE** via the link –  
[www.surveymonkey.co.uk/r/CSWVirtualAthletics](http://www.surveymonkey.co.uk/r/CSWVirtualAthletics)

**Entries must be submitted by 1pm on  
Friday 15<sup>th</sup> May**

**CRICKET**

**Participants** – All participants will receive access to an e-certificate on completion of each challenge.

**Individuals** – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive a £5.00 AMAZON E-VOUCHER.

**Schools** – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will receive a £75.00 PE equipment voucher.

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#STAYHOMESTAYACTIVE  
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