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**SCHOOL
GAMES**



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Barnsley Virtual School Games Challenge

*22/06/2020 -
26/06/2020*





INTRODUCTION

Welcome to the 2020 Barnsley Virtual School Games!!!!!!

The aim of the Barnsley Virtual School Games is to provide your students with the opportunity to virtually compete in a series of sporting based competitions against other students.

Over 5 days, the students will participate in 5 different events - 1 event per day. The aim is for the students to record their personal best attempts for each activity.

As part of this event pack, there are the following:

- The daily activities with instructions
- Results sheets to record the students best attempts
 - School Results Sheet - for the students who are at school
 - Home Results Sheet - for the students who are still at home

EVENT PROCESS

- Each day, your students will have the opportunity to compete in an event.
- The student can have as many attempts as they want at the event.
- On the results sheet attached to this document, you only record the students best attempt.
- Once each event has been completed, send the completed results sheet to adam.rogers@team-plus.co.uk
- Once the week of events has been completed, the results will be compiled and winners will be announced the following week.
- Make sure you tweet a picture or a video of you doing the activity to @barnsleymoving, @TeamActivPlus and on Facebook - Active in Barnsley and Team Activ using the #WhatsYourMove



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Barnsley Virtual School Games Challenge - The Events



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Barnsley Race Walking Championships



Race Walking is one of the toughest endurance sports on the planet.

It involves discipline, technique and concentration.

The Barnsley Race Walking Championships will help you develop your fitness in a fun, challenging and exciting way.

The rules are simple:

- Create a 1 mile course
- See how fast you can walk your own personal 1 mile walking route
- You can attempt the course as many times as you want, but only record your best times.

<u>Name</u>	<u>Area</u>	<u>Distance</u>	<u>Terrain</u>	<u>Surface</u>	<u>Time</u>

- Send us a picture of you crossing the finish line, with a big smile

Twitter - @BarnsleyMoving and @TeamActivPlus

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Hashtag = #WhatsYourMove



Barnsley Triathlon Series



Triathlon is one of the most popular sports in the world. It is also one of the toughest sports.

It requires the athletes to complete 3 completely different and challenging events.

The Triathlon Barnsley Series challenges you to complete a fitness triathlon as fast as you can

The rules are simple:

- You have 3 exercises to do : Press ups, sit ups and squat jumps
- See how fast you can do 20 press ups, 20 sit ups and 20 squat jumps
- You can attempt the course as many times as you want, but only record your best times.

	<u>Press Ups</u>	<u>Sit Ups</u>	<u>Squat Jumps</u>	<u>Total Time</u>
<u>Time</u>				

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Barnsley Athletics Quadathlon Championships



The Heptathlon and the Decathlon are arguably the toughest events in Athletics. The athletes have to run, jump and throw through 2 days of intense competition, but can you complete the Barnsley Athletics Quadathlon?

The rules are simple:

- You have 4 events to do : 30m sprint, 3 x bunny hops, standing long jump and sitting backwards over head throw (with a football / basketball) - you can be sat on either a bench or a seat to do the sitting backwards over head throw
- See how fast you can do the 30m sprint, 3 x bunny hops, standing long jump and sitting backwards over head throw (with a football / basketball)
- You can attempt the course as many times as you want, but only record your best times.

	<u>30m sprint</u> <u>(time)</u>	<u>3 x bunny hops</u> <u>(distance)</u>	<u>Standing LJ</u> <u>(distance)</u>	<u>Sitting Backwards</u> <u>overhead throw</u> <u>(distance)</u>
<u>Score</u>				

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Barnsley Gold Cup



The Cheltenham Gold Cup is arguably the most prestigious hurdles horse race in the UK.

It is one of the key hurdles races that each horse trainer aims for every year. And now we are bringing it to you.

The Barnsley Gold Cup is a fun, innovative and cool way for you to stay active.

The rules are simple:

- Create a course around your playground, or home and garden (22 obstacles are required - obstacles can be repeated) and it should be about 400m long (about 2 furlongs in horse racing lingo!)
- Complete the course in the fastest time
- You can attempt the course as many times as you want, but only record your best times.

	<u>Barnsley Gold Cup</u>
<u>Time</u>	

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Golf : The Masters



The Masters is one of the most famous golf tournaments in the world. To win the green jacket, you must show great composure, concentration and awareness.

The rules are simple:

- Using everyday items, create your own 18 hole mini golf course around your playground, or your home and garden.
- Using a football, or something similar, what's the lowest number of shots you can do to get around your course? (You only have to make 9 holes - all you need to do is repeat the 9 holes twice)
- You can attempt the course as many times as you want, but only record your best times.
- On the results sheet - put your 18 hole total

<u>Hole</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>9 hole total</u>
<u>Score</u>										
<u>Hole</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>18 hole total</u>
<u>Score</u>										

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Barnsley Virtual School Games - The Results



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SCHOOLS RESULTS SHEET

SCHOOL NAME :

Once each event has been completed, send your completed results to adam.rogers@teram-plus.co.uk