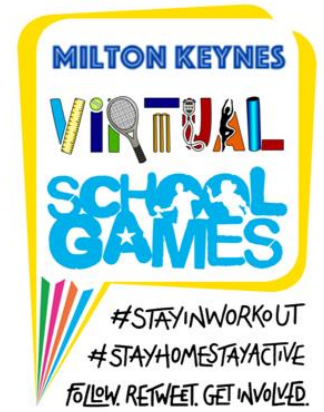


Athletics



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.



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:

www.yourschoolgames.com/sgo/mk-north/

Challenge 1 – Speed Bounce

Equipment –

- Cans of Tinned Food
- Stopwatch

Make sure you have a suitable space for this challenge!

Click here for a demonstration video: <https://www.youtube.com/watch?v=yd8HY87gklo>

- Place one can of tinned food (or a row if available) on a flat, stable, non-slippery surface.
- Ensure you are wearing suitable footwear
- Jump from two feet over the tin(s) and land on two feet the other side.
- Each time you jump over the tins you score 1 point
- If you do not land on two feet, or touch a tin as you jump over it, the point does not count.

Recording your score -

You have 60 seconds to make as many successful jumps as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many catches you make.

Challenge 2 – 400m

Equipment –

- A Tape Measure
- A stopwatch
- Any object that could be used as a distance marker

Make sure you have a suitable space for this challenge!

Video support - <https://www.youtube.com/watch?v=7cjin5vjiv2g>

- Measure 25m on a flat, stable surface
- Ensure you are wearing suitable footwear
- Place a marker at your start point and one 25m away.
- Time how long it takes you to complete 16 shuttles between your two markers. If you do not run around one of the markers at any time, that shuttle cannot be counted.
- Record how long it took to complete 16 shuttles.

Recording your score –

Record how long it takes to complete 16 shuttles.

**SUBMIT YOUR
SCORE**

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

**Challenge 1 score
+ Challenge 2 score
= TOTAL SCORE**

Submit your **TOTAL SCORE** via the link –
[Add link](#)

**Entries must be submitted by 1pm on
Friday 3 July**

**#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW. RETWEET. GET INVOLVED.**