



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 – Jump Shot

Equipment –

- A handball or small football
- a tape measure/ruler to measure the distance away from the wall that you should not cross over
- something to mark your standing position
- Something to mark out a goal or a target



Video support – Video Support to Follow

- Place a marker **5 metres** away from a wall.
- Starting from a few metres behind the line or marker, jog or run in towards the marker.
- As you approach you jump into the air, releasing the ball at the top of your jump.
- Get a friend or parent to act as a keeper for you

Recording your score -

You have 2 minutes to make as many successful shots as possible. Set up a timer for 2 minutes or ask someone to time you. During the 2 minutes count how many goals you make.

MAKE SURE YOU DON'T THROW TOO CLOSE TO ANY WINDOWS!

Challenge 2 – Crazy Catch

Equipment –

- A handball or a small similar sized ball



Make sure you have a suitable space for this challenge!

Video Support –

<https://www.youtube.com/watch?v=REBo90VrSP0>

- Find yourself a good space, preferably a couple metres away from a wall
- Level one – Bounce the ball against the wall and catch it
- Level 2 – Throw the ball at the wall and catch it – you get 1pt for standing 5 metres away, 2pts for standing 3 metres away
- Level 3 – Thow the ball over your head and catch it behind your back – 3pt bonus if you can return the ball from behind your back to catch it in front

Recording your score –

You have 60 seconds per level to make as many successful catches as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many times you can catch the ball.

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – sdoyle@sbeschool.org.uk

**SUBMIT YOUR
SCORE**

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

Jump Shot + Crazy Catch = TOTAL SCORE

Submit your **TOTAL SCORE** via the link on the website



#STAYINWORKOUT

#STAYHOMESTAYACTIVE

FOLLOW. RETWEET. GET INVOLVED.

Participants – All participants will receive an e-certificate via e-mail 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 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 a **£75.00 PE equipment voucher.**