

Rotherham School Games Virtual Athletics

Competition 18th- 22nd May

Rotherham School Games Activity Planner

1 Athletics event per day!

Have as many attempts as you like and

try to beat your personal best.

Record your scores and at the end of the week input them onto the google form we have sent out.

Follow updates on our twitter page

@ROTHERHAMGAMES



VIRTUAL ATHLETICS COMPETITION: W/C 18TH OF MAY

Monday 18th May- 1KM run: How quick can you run 1km, use free tracker apps online and time yourself.

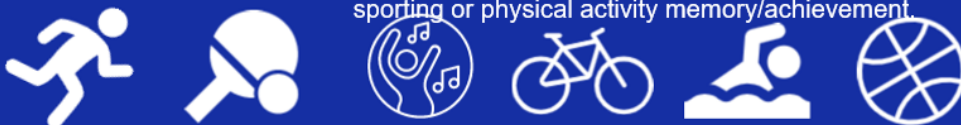
Tuesday 19th May- Stork Balance: How long can you balance on one leg for?

Wednesday 20th May- Speed Bounce: set up a barrier (eg:towel,cones)that you can jump over, see how many times you can jump over the barrier in 30 seconds

Thursday 21th May- Target Throw, set a target (for example a washing basket) out 2m away from you. Use tennis ball/rolled up socks to throw into the target, keep going until you miss the target, see how many times you can hit the target in a row.

Friday 22th of May- Plank: How long can you hold a plank for. Use your strength to hold your body in a straight line.

Inspire Us Bonus Round- Tell us about or send in pictures of your own favourite sporting or physical activity memory/achievement



Welcome to the Rotherham School Games Virtual Athletics Competition. There are five events and one bonus event for you to do as part of the competition. There is a separate Primary school and Secondary School Competition.

Information

- The rules and descriptions of the six events are below
- Have as many attempts as you like at each event and try to beat your personal best
- Record your score
- At the end of the week, once you have completed all of the events you will need to upload your score (using the google form link below).
https://docs.google.com/forms/d/e/1FAIpQLSeleNLhaP0wmmmtEW8n-ZYXvmdiOwYbTwcQ6x3VxO-E4VNYKgA/viewform?usp=sf_link
- Your score will be added to your school's total score. The more pupils in your school that take part, the more points your school will get, so get your friends involved!
- We will also be doing shout outs for impressive individual scores
- Please submit your scores by 3pm Friday 22nd May

- Don't forget to tell show us how you are getting on twitter by tagging @ROTHERHAMGAMES

Events

1KM run- Monday 18th May

How quick can you run 1km? Use free tracker apps online like Strava, Runkeeper, Nike Run Club to record your distance and time yourself.
Points: The lower your score in seconds the better! We will give 500 points for the lowest combined school score. 2nd place 400 points etc

Stork Balance -Tuesday 19th May

How long can you balance on one leg for? Start the stopwatch as soon as you only have one leg on the floor.

Points: Every second you hold your balance, you will earn 1 point

Speed Bounce -Wednesday 20th May

Set up a barrier (eg:towel,cones)that you can jump over, see how many times you can jump over the barrier in 30 seconds with two feet together.

Points: Every two-footed jump over the barrier earns 1 point.

Target Throw- Thursday 21th May

Set a target (for example a washing basket, clean bin, tea towel) out 2m or roughly 4 steps away from you. Use tennis balls/rolled up socks to throw into the target, keep going until you miss the target, see how many times you can hit the target in a row.

Points: The number of times you hit the target in a row equals the number of points earnt. Eg: 6 successful throw in a row = 6 points

Plank- Friday 22th of May

How long can you hold a plank for? Use your strength to hold your body in a straight line.

Points: Every second you hold your plank for you will earn 1 point

Inspire Us -Bonus Round

Tell us about or send in a picture of your own favourite sporting or physical activity memory/ achievement. See below for examples from Miss Davenport & Mr Speakman.

Points: 20 bonus points for your school if you complete this task.

Miss Davenports Inspire Us Picture was taken in Australia Cycling in the Outback .



Mr Speakmans inspire us picture was taken during a Strongman Competition.



Don't forget to fill in your score sheet!

https://docs.google.com/forms/d/e/1FAIpQLSeleNLhaP0wmmtEW8n-ZYXvmdiOwYbTwcQ6x3VxO-E4VNYKgA/viewform?usp=sf_link

REMBER TO ALWAYS ASK PARENTS PERMISSION AND MAKE SURE YOU ARE SAFE DOING ALL THE ACTIVITIES.