

# MAKING UP THE MILES!

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES



## ACHIEVE THE CHALLENGE:

This challenge will run throughout the week 1st - 5th February. The aim is to tally up as many miles as you can by running, walking, cycling, scooting, skating, blading or wheeling!

## EQUIPMENT

- Bike
- Scooter
- Roller blades
- Wheelchair
- Skateboard

Remember, you don't need any equipment at all to walk, jog or run!  
It's free and everyone can get involved

## SAFETY

- If you are outside being active, remember to follow social distancing guidance
- Make sure you are aware of traffic – especially if you are listening to music using headphones!
- Make sure you are accompanied by an adult if necessary
- Wear a helmet when you are skating, scooting or cycling

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## SCORING

- 1-3 miles per day = 1 point
- 4-7 miles per day = 2 points
- 8-11 miles per day = 3 points
- 12-15 miles per day = 4 points
- Anything over 15 miles per day = 5 points



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Keep a log of your daily scores. Each day, start again from zero.  
Tally all your daily points up and submit a final score before **5pm on Friday 5th February**

## SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.



# RECEPTION & KS1: HOP LITTLE BUNNY!

part of the Cornwall Virtual School Games

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## ACHIEVE THE CHALLENGE:

The aim of this challenge is to complete a 5-stage hopscotch as many times as you in 60 seconds.

## HOW TO PLAY:

1. Create a 5-stage hopscotch from numbers one to 7 on the floor like the image.
2. Ensure you have someone to time your 60 seconds and count the number of times you complete an out and back turn.
3. Place one foot only in numbers 1, 4 and 7 and 2 feet in numbers 2 & 3 and 5 & 6.
4. On number 7 turn and hopscotch back.
5. You complete one run and earn one point when you hop off number 1 back to where you started.



## EQUIPMENT

- Chalk to mark a 5-stage hopscotch, try and have one numbered square to be as close as possible to 40cms square.
- If you don't have chalk, draw on a piece of paper and weigh it down/ stick it to the ground
- Stopwatch or clock to time 60 seconds.
- Partner, brother, sister, parent etc.. to time you and count the number of times you complete

## ADAPTATIONS FOR AGE / ABILITY

- If you have no chalk be creative with marking the hopscotch out. You could use sticks, paper, cardboard, towels etc...
- Encourage teamwork with the partner encouraging the participant to keep going for the full 60 seconds.

# RECEPTION & KS1 HOP LITTLE BUNNY!

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## SAFETY

- Make sure the playing area is safe with space around.
- Ensure the participant stays clear of the partner and adheres to the 2m rule if from a different household.



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## SCORING

You score a point every time you get to number 7 and back to number 1 where you started.

The total points scored is the total number of times you do this in 60 seconds.

## TIPS

- Ensure you practice the challenge and your hopscotch skills before you complete the challenge for real.
- Pace yourself so you keep going for the full 60 seconds.

## SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.



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## ACHIEVE THE CHALLENGE:

The aim of this challenge is to use the same hopscotch as the 'Hop Little Bunny' challenge and throw a bean bag/object into the numbered squares to score points.

## HOW TO PLAY:

1. Use the same 5-stage hopscotch as the previous 'Hop Little Bunny' challenge or create one on the floor from numbers one to seven like the image.
2. Ensure you have someone to time your 60 seconds and add together the numbers your object lands in.
3. Stand before the number 1 and throw your object into one of the boxes, complete the hopscotch to collect your item and bring it back to where you started.
4. Remember one foot only in numbers 1, 4 and 7 and 2 feet in numbers 2 & 3 and 5 & 6.
5. This time you turn and come back on the number where your object landed. So, if you only threw it into number 1 you hop to number 1 and back to where you started.
6. You earn the number of points in the box your object landed in but only get these when you get back to where you started.
7. Turn and go again completing as many as you can in 60 seconds.



## ADAPTATIONS FOR AGE/ABILITY

- If you have no chalk be creative with marking the hopscotch out. You could use sticks, paper, cardboard, towels etc...
- Encourage teamwork with the partner encouraging the participant to keep going for the full 60 seconds.

## EQUIPMENT

- Chalk to mark a 5-stage hopscotch, try and have one numbered square to be as close as possible to 40cms square.
- A bean bag, rolled up socks or object to throw into the numbered squares.
- Stopwatch to time 60 seconds.
- Partner, brother, sister, parent etc.. to time you and total the numbers of where your object lands.

# RECEPTION & KS1: THROW MR FOX

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## SAFETY

- Make sure the playing area is safe with space around.
- Ensure the participant stays clear of the partner and adheres to the 2m rule if from a different household.



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## SCORING

You score the number of points in the square where your object ends up and are only awarded these points when you return with your object to where you started.

The total points scored is the total number of all the goes you complete in 60 seconds.

## TIPS

- Ensure you practice the challenge and your throwing skills before you complete the challenge for real.
- Pace yourself so you keep going for the full 60 seconds.

## SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.



# PRIMARY PROJECTABILITY: AROUND THE WORLD

part of the Cornwall Virtual School Games

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## ACHIEVE THE CHALLENGE:

Complete as many 'Around The Worlds' as you can in **60 seconds**



## HOW TO PLAY:

1. Place two markers 3 metres apart
2. Begin at one of the markers either standing or sitting. Start by holding a ball, teddy bear, rolled up socks or another household object
3. Pass your chosen object around your body starting at your belly button then around your back and back to your belly button. This equals one rotation (around the world)
4. Run/walk/wheel to the second marker and repeat the 'around the world' skill
5. Repeat this as many times as you can in 60 seconds, every completed 'around the world' counts as one point.

## EQUIPMENT

- Chosen object: Ball, Teddy, Rolled up socks
- Markers: cones, socks, books

## ADAPTATIONS FOR AGE / ABILITY

- Try the activity with your eyes closed or blind folded with a guide to help you
- Try changing the direction you pass the object around your body

# PRIMARY PROJECTABILITY: AROUND THE WORLD

part of the Cornwall Virtual School Games

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### SAFETY

- Ensure that the area is clear of hazards
- Don't use anything sharp or dangerous as your marker

### SCORING

- Award yourself 1 point when you complete a full 'around the world' and move to the opposite marker.

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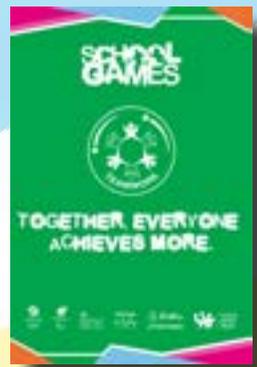
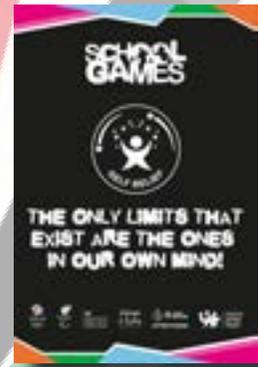
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### TIPS

- This challenge requires some co-ordination, so take your time to pass the object around your body. Make sure the object is in the hand you're passing it into before you let go of it with the holding hand.

### BONUS POINTS:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief



# PRIMARY PROJECTABILITY: SLINGIN' SUPERHEROS

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES

## ACHIEVE THE CHALLENGE:

Accumulate as many points as you can in 60 seconds by throwing objects into various targets



## HOW TO PLAY:

1. Do this challenge sat down either in a chair/wheelchair or on the floor
2. Set up a starting marker using an item of clothing.
3. 3 meters (or big steps) away set up 3 different sized targets (hula hoops, cushion, bucket or washing up bowl) Label the biggest target as 1 point, medium target as 2 points and smallest target as 3 points.
4. Use 3 objects (ball, socks rolled up or scrunched up paper) to throw into the targets.
5. Once you have thrown all 3 objects, go and collect your objects without walking! You should wheel or shuffle on your bottom to retrieve them.
6. Go back to starting point and see how many points you can tally up in 60 seconds

## EQUIPMENT

- Throwing objects x 3: ball, screwed up paper, bean bag, socks
- Targets: sauce pan, hula hoop, washing up bowl, piece of paper, cardboard box
- Stopwatch/timer, clock or someone to keep time

## ADAPTATIONS FOR AGE / ABILITY

- Move the targets closer to help make it easier
- Make the targets bigger to help make it easier
- Make the targets smaller to challenge yourself

# PRIMARY PROJECTABILITY: SLINGIN' SUPERHEROS

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## SAFETY

- Check the area you will complete this challenge so there are no hazards on the floor around you
- Don't throw anything that could break easily

## SCORING

- Biggest target = 1 point
- Medium sized target = 2 points
- Smallest target = 3 points
- Keep count of the points you accumulate throughout the 60 second timer and add them together at the end for your final score. Only count the point if the whole object lands in the target



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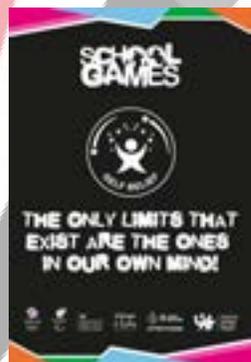
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## TIPS

- Use an underarm throw to make it easier to get the object in the target
- Practice throwing before you compete in this challenge
- Practice shuffling on your bottom to move around before you take on the challenge!

## BONUS POINTS:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief



# NAME OF CHALLENGE:

#CORNWALLVSG2020 | #BACKTOSCHOOLGAMES

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## ACHIEVE THE CHALLENGE:

## HOW TO PLAY:

## PLAY THE VIDEO

## EQUIPMENT

## ADAPTATIONS FOR AGE / ABILITY

# NAME OF CHALLENGE:

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## SAFETY

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## SCORING

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## TIPS

## BONUS POINTS:

Bonus points can be achieved for participants demonstrating any of the School Games value, **1 point** for each value demonstrated.

This will be awarded by the teacher.

