

# HEREFORDSHIRE SCHOOL VIRTUAL GAMES



Welcome to the Herefordshire Virtual School Games! We will be setting bi-weekly challenges that all schools in Herefordshire can take part in!

All you need to do is set the task for your young people to complete at home, record their results and submit them to us by the deadline!

You can check out our social media for challenge demonstrations!

Twitter: @stride\_active Facebook: @strideactive1 Website: [strideactive.org/events](http://strideactive.org/events)

## 27th April – 7th May: Sportshall Athletics

Year 3 & 4 - Standing Long Jump

Year 5 & 6 - Speed Bounce [30 secs]

High School - Standing Triple Jump

## 11th May – 21st May: Football

Primary school - Kick a ball into a marked 1m x 1m area from 5m away [60 secs]

High school - Keepy-uppies [60 secs]

## 1st June – 11th June: Netball

Stand 2 metres away from a wall with any ball

Year 3 & 4 - Throw & catch against the wall [60 secs]

Year 5 & 6 - Throw, clap & catch against the wall [60 secs]

High School - Throw, spin around & catch against a wall [60 secs]

## 15th June – 25th June: Ball skills

Primary school – Mark an area 1m x 1m and throw /roll a ball into it to score a point [60 secs]

High School – Juggle & count the number of balls that pass through your hands [30 secs]

29th June – 3rd July  
School Games Week Daily Challenges!  
Cricket/Tennis/Athletics/Rugby/Dance



## 6th July – 16th July: Rounders

Primary & High schools - Rolling pin hit ups [30 secs]

