

HEREFORDSHIRE SCHOOL VIRTUAL GAMES

Welcome to the Herefordshire Virtual School Games!

Stride Active (Twitter: @stride_active) will be setting bi-weekly challenges for all schools in Herefordshire during the Summer Term.

All you need to do is complete the task below, score yourself and send a video on Showbie or Twitter and then Mrs Hanham will submit our results to Stride Active.

By entering the competition, as a school, we will receive a participation certificate and be able to work our way through the various levels for entering each different sport/activity, starting at Bronze and potentially finishing with Diamond by the end if we complete all of the challenges!

The challenge for 27.4.2020 – 7.5.2020:

27th April – 7th May: Sportshall Athletics

Year 3 & 4 - Standing Long Jump

Year 5 & 6 - Speed Bounce [30 secs]

Year 3 / Year 4:

Standing Long Jump

You need to stand on a line and jump as far forward as you can. Measure the distance you jump in centimetres for your score.

Year 5 / Year 6:

Speed Bounce (30 seconds)

You need to jump over a cereal box (or something similar) with both feet, each jump counts as 2 points.

Follow this link for demonstrations of both activities:

https://twitter.com/stride_active/status/1254677519292383235

Send a film or photo on Showbie sharing your activity.

Or even better...

Tweet your own film of you completing the activities
(with your parents' permission and help).

Remember to tag @WalfordSchool and @stride_active.

COME ON WALFORD!

Let's get competing!