WORCESTERSHIRE VIRTUAL SCHOOL GAMES

WORCESTERSHIRE VIRTUAL SCHOOL GAMES

AGILITY RUNNING CHALLENGE (YEARS 3-13) 22 - 26TH JUNE 2020

This competition is a test of your ability to move quickly and easily!
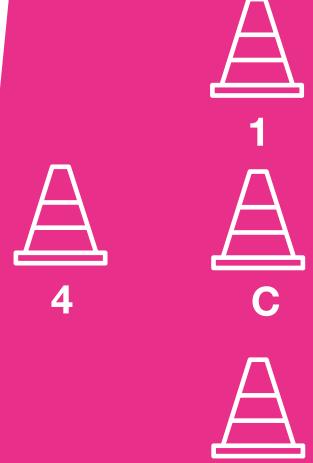
- This activity takes place using 5 cones and a stop watch. If you do not have cones you can use socks, pegs, tins, etc.

The Challenge (Years 3 - 13):

- Run from the centre cone and touch each numbered cone with your hand in sequence
- After touching each numbered cone you must return to the centre cone and touch it before proceeding to the next numbered cone. For every circuit you complete you score 4 points
- Years 3 and 4: How many circuits can you complete within 90 seconds with a 2m gap between cones?
- Years 5 and 6: How many circuits can you complete in 120 seconds with a 2m gap between cones?
- Secondary Years: How many circuits can you complete in 120 seconds, with a 3m gap between cones?

Centre spot to 1 and back, centre spot to 2 and back, centre spot to 3 and back, centre spot to 4 and back

How to Enter:

All entries must be submitted via the link below. Entries to the 'Agility Running Challenge' will close at 5PM on Friday 26th June.

https://www.activehw.co.uk/forms/view/agility-running

Results:

Please tune in for our Worcestershire Virtual School Games Week taking place every day between Monday 6th - Friday 10th July 2020 at 10.30am via Zoom/YouTube. Results for the Agility Running competition will be announced on Thursday 9th July!

Inclusivity:

School Games is for everyone. For activity adaptions, please contact our Lead Inclusion School for the county at: ct167@chadsgrove.worcs.sch.uk.

Social Media:

We would love to see your participation in any of the Worcestershire Virtual School Games Activities. Tag us on Twitter & use #WorcsVirtualSG

#WorcsVirtualSG