



## how to take part

You can take part at home or school.

1. Email Sarah Green requesting an entry form at [sgo@shepwaysportstrust.org](mailto:sgo@shepwaysportstrust.org)
2. Receive an email containing guidance and the entry form from Sarah Green.
3. Use the Challenge Cards to complete the challenges and collect your scores.
4. Enter your scores onto the entry form.
5. Complete the consent tab.

6. Email your completed form back to Sarah Green at [sgo@shepwaysportstrust.org](mailto:sgo@shepwaysportstrust.org).  
Don't forget to attach your video if you are entering the Best Video category.

7. Scores can be submitted from Monday 22<sup>nd</sup> June to Friday 10<sup>th</sup> July at 5pm. No entries after this date will be considered.

## consent

The Virtual Folkestone School Games will not use any images or names of children unless written consent is received either from a parent or guardian directly or a school on behalf of the parents and guardians of the participants.

Upon written consent being received in the way described below via email the Virtual Folkestone School Games may use your child's first name and/or image (if entered) in the form of a video or photo in the following ways;

1. Use first name, school name and/or image (if entered) on Shepway Sports Trust social media platforms\*. Out of these 3 pieces of information only 2 would be used in combination, not all 3 at the same time.
2. For first names, school names and images (if entered) to be stored on the password protected laptop and school drive held by the School Games Organiser of the Folkestone and Hythe District hosted by the Turner Schools for 12 months from the start date of this competition (22<sup>nd</sup> July 2021).
3. For first name, gender, school name and scores to be saved on a master excel spreadsheet saved on the laptop and drive described in point 2 and for this to be shared with Physical Education Leaders of all schools in the Folkestone and Hythe District for the purpose of each school finding out their results for the challenges.
4. For images to be used within Folkestone School Games, Kent School Games and Shepway Sports Trust for the following purposes; printed displays, videos to promote aspects of these organisations such as taking part in competition or physical activity, other printed publications, websites, social media platforms

\*SST Facebook, Instagram and Twitter pages.

Please add your name (parent, guardian or school staff) to either the GREEN OR RED box

By entering your name to this green box you are giving permission for the first name and/or image of your child or child in your care to be used in the terms described above.

By entering your name to this red box you are NOT giving permission for the first name and/or image of your child or child in your care to be used in the terms described above.

Contact email address for parent, guardian or school

# Reception boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 20<br>seconds | Sprint - Time to sprint 4 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 1 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 20<br>seconds | Sprint - Time to sprint 4 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 2 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 20<br>seconds | Sprint - Time to sprint 4 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 3 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 25<br>seconds | Sprint - Time to sprint 6 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 4 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 25<br>seconds | Sprint - Time to sprint 6 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 5 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |



# year 6 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 7 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 8 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 9 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 10 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

# year 11 boys

## challenge 1

## challenge 2

## challenge 3

| Pupil Name<br>(first name only please) | Boy or<br>Girl | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|----------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |
|  |                |                            |                                     |  |                                   |

## Male teacher entries

(\*This can be any staff working in the school - not just teachers. TAs, SENDCOs, business managers, SLT, cleaners, cooks, MDMS etc are all encouraged to join in)

challenge 1

challenge 2

challenge 3

| Pupil Name<br>(first name only please) | Male or<br>Female | School                     | Speed Bounce Score in 30<br>seconds | Sprint - Time to sprint 8 x<br>5metres (seconds) | Star Jumps Score in 60<br>seconds |
|--|-------------------|----------------------------|-------------------------------------|--|-----------------------------------|
| (example)Ronan                         |                   | Folkestone Primary Academy | 11                                  | 29.45  | 28                                |
|  |                   |                            |                                     |  |                                   |
|  |                   |                            |                                     |  |                                   |
|  |                   |                            |                                     |  |                                   |
|  |                   |                            |                                     |  |                                   |