



AIM for as many participants to take part as possible through the Folkestone and Hythe district.

WHO Participants must be a pupil or member of staff at a school in the Folkestone and Hythe District and their school must have registered with the School Games at www.yourschoolgames.com

HOW TO TAKE PART

You can take part at home or school.

1. Email Sarah Green for an entry form at sgo@shepwaysportstrust.org
2. Use the Challenge Cards to complete the challenges and collect your scores.
3. Enter your scores onto the entry form then email your completed form back to Sarah Green.
4. Scores can be submitted from Monday 22nd June to Friday 10th July at 5pm. No entries after this date will be considered.





MEDALS

Medals will be awarded for the following ...

- 1st, 2nd and 3rd boy and girl in each year group in each Challenge (i.e. 1st, 2nd and 3rd Reception Girls, 1st, 2nd, 3rd Reception Boys, 1st 2nd and 3rd Year 1 Girls, 1st, 2nd, 3rd Year 1 Boys etc) up to and including Year 11
- 1st, 2nd and 3rd Teacher scores! Male and Female categories
- 1st, 2nd and 3rd Best Video*
- 1st, 2nd and 3rd Highest Primary School Participation

Medals will be delivered to school addresses by Sarah Green on Monday 13th July.

GOOD LUCK EVERYONE!

* Please send your entries for the 'Best Video' category to sgo@shepwaysportstrust.org by emailing the video you are agreeing that the attached video can be shared on Shepway Sports Trust Facebook, Twitter and Instagram pages therefore the school **MUST** gain parental consent that the video can be used in such a way. As a parent, if you email a video of your child participating you are also granting parental consent for the image to be used in the ways described above. First names of children may be attached to images. Surnames will not be used.

#StayHomeStayActive #StayInWorkOut



@ShepwayST



Shepway Sports Trust



shepwayst





TAKING PART

Pupils and school staff can take part in school or at home. Here's some tips on how you can get as many people involved as possible...

TEACHERS

- **PUPILS IN SCHOOL** each bubble/ pod/ class takes part in all three challenges in school time. We prefer adults to time and take scored to gain accurate results therefore it is suggested while an everyday class activity pupils are called out individually to complete the challenge.
- **PUPILS AT HOME** to encourage parents to enable their children to take part at home we would like schools to use their usual communication streams to share the challenge with their families e.g. Class Dojo, Parentmail, social media, Seesaw, Tapestry etc. Schools can either instruct parents and guardians to email completed entry forms directly to sgo@shepwaysportstrust.org or email their scores to the school so the school can collate them on one entry form for the school which is then emailed to Sarah Green.

PARENTS AT HOME either send scores into their school as described above or email Sarah directly to obtain an entry form.



CHALLENGE ONE : SPEED BOUNCE

AIM The aim of this challenge is to see how many times you can jump across the line fully with your feet together in the given time. One correct jump is when both feet take off together and land at the same time on the other side of the line. Start on one side of the line and jump over to the other side and then back again as many times as possible. Count your score.

Year 1&2 - 20 seconds

Year 3&4 - 25 seconds

Year 5&6 - 30 seconds

Yr7-11 - 30 seconds



WATCH VIDEO [HTTPS://BIT.LY/EHOVKIU](https://bit.ly/ehovkiu)

WHERE? This challenge can be completed at home or in school. Use one of the following to create your own line to jump over instead; a chalk line on the floor, a straight playground line, draw a line with your finger on a sandy beach, a rolled up towel or a line of socks! There is no minimum jump height required so a flat line is permitted.

TOP TIP Bend your knees to generate power to jump back over the line quicker!



CHALLENGE TWO : SPRINT

AIM Each participant runs the 5m course as fast as they can to complete the distance stipulated below for the year groups. You must run around the outside of the cones without touching them. A parent/teacher/adult helper must time the run (time to 2 decimal places i.e. 30.45 seconds).

Year 1&2 - 4 x 5m (20 metres)

Year 3&4 - 6 x 5m (30 metres)

Year 5&6 - 8 x 5m (40 metres)

Yr7-11 - 10 x 5m (50 metres)



WHERE? This challenge can be completed at home or in school. Mark out a flat 5 m course using a tape measure, phone app or metre ruler. Be creative for markers, you could use cones, jumpers, flowers or teddies.

WATCH VIDEO [HTTPS://BIT.LY/EHZH2NF](https://bit.ly/ehzh2nf)

TOP TIP Keep close to the outside of the cones on the bend for a quicker time!



CHALLENGE THREE : STAR JUMPS

AIM To complete as many star jumps as you can in 1 minute! Start standing with your feet shoulder width apart and hands by your sides, one complete Star Jump is when you jump into a position with your legs spread wide with hands going overhead, touching, and then returning to the start position. Repeat as many times as possible! All year groups have 1 minute to do as many Star Jumps as possible



TOP TIP

Land softly by bending your knees ready to spring into the next star jump!

WATCH VIDEO [HTTPS://BIT.LY/EE9T61E](https://bit.ly/ee9t61e)

WHERE This challenge can be completed at home or at school. You just need some space!

