**Cornwall Virtual School Games Optional Extra Monday 22nd June – Friday 26th June**

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| This week you have the opportunity to take part in the Virtual School Games! Each day there is a different sport or tasks to take part in. Parents do not need to register their child as Polruan Primary Academy has registered as a school.  Challenge cards can be accessed on the Active Cornwall website which have links to the demonstration video: [**https://bit.ly/2AdahoI**](https://bit.ly/2AdahoI)  Throughout the week, you can always take part in a separate task called ‘**Making up the Miles.**’ This will involve walking, running, cycling, skating or scooting to collect as many miles in distance as you can.  As well as scoring points through completing the activities, they are also looking out for other ways to reward those who are taking part in the Virtual Games. Here are alternative ways participants can gain points for their school:  Bonus points can be achieved the following: **You must add them to your overall score for that day.**  • **1 point for a photo of you completing a challenge (all photos to be sent to your teacher in school)**  **• 1 point for every family member and year group teacher who tries the challenge in the photo**  **• 1 point for completing it in fancy dress**   * For more information on recording results- please see the bottom box-   ***Please note- The and use of Social media is not compulsory to earn bonus points*** | |
| **Monday 22nd June Athletics**  **The opening ceremony will be available to watch at 10am via either the Cornwall School Games Facebook page or Active Cornwall YouTube Channel.**  **Activities:**   1. **Take part in as many speed bounces (two footed jumps) as you can in 30 secs** 2. **Jump the longest distance possible** 3. **Jump as high as possible from a standing position**   **Activity 1**: Set up a short line or barrier to jump over. Stand close to the barrier, whilst facing forward. When the time starts, jump with two feet together to the other side of the barrier and then jump back. Repeat this until time is up. TOP TIP Face forward, keep legs and feet together and use your arms to balance  **Activity 2**: Mark your starting position. Place your toes just behind the start line marker. From here, jump as far as you can, trying to land on your feet. Mark the end position from the part of your body that lands closest to the start position. Use your hands to measure the distance. Complete 3 jumps and submit your best score. TOP TIP When you prepare to jump, bend your knees and swing your arms back just behind you. As you jump, throw your arms up and in front of you to propel you forward.  **Activity 3:** Stand next to a wall, put your hand up as far as you can reach and make a mark here using chalk, water etc. Now mark your fingers with whatever you used to make your first mark. Remain near to the wall and from standing, jump up and reach as far as you can. Make sure to touch the wall so it leaves a mark. Measure the distance from the first mark to the second mark using your hands - this is your score. Have 3 attempts, pick the best one and submit this score. TOP TIP As you are about to jump, bend your knees a little, bring your arms back and as you jump swing your arms up to gain momentum.    Website:  <http://activecornwall.org/files/athletics_-_speed_bounce_activity_card.pd> This link will provide you with an information card and a video for the activity.    Website: <file:///F:/COVID%2019/Week%2010%2022.6.20/Athletics%20-%20Standing%20Long%20Jump%20Activity%20Card.pdf> This link will provide you with an information card and a video for the activity.  Website: <file:///F:/COVID%2019/Week%2010%2022.6.20/Athletics%20-%20Standing%20High%20Jump%20Activity%20Card.pdf> This link will provide you with an information card and a video for the activity. | **Tuesday 23rd June Bowls/Boccia**  **Activities:**   1. **Get as close to the target as possible** 2. **Knock down all skittles in as few tries as possible**   **Activity 1:** Place a small container in a clear space. Stand or sit 3 long strides away from it. Throw a ball into or as close to the container as possible. 3 balls count as 1 go. Try this game 3 times and submit your best score. TOP TIP Try throwing under arm and see which suits you better or use a chopping board to help you roll the ball.  **Activity 2**: Arrange the 6 skittles in a triangle shape. Stand or sit 3 long strides away. Roll a tennis sized ball towards the skittles and knock them over. Do not remove fallen skittles, but leave them in place as obstacles. You get 6 tries to knock down all 6 skittles. TOP TIP If it’s difficult to aim, use something to roll the ball like a chopping board. You can use a slightly bigger ball to make it easier. See scoring below.  Website: <file:///F:/COVID%2019/Week%2010%2022.6.20/Bowls%20&%20Boccia%20-%20The%20Target%20Activity%20Card.pdf> This link will provide you with an information card and a video for the activity.  Website: <file:///F:/COVID%2019/Week%2010%2022.6.20/Bowls%20&%20Boccia%20-%20Knock'em%20Down%20Activity%20Card.pdf> This link will provide you with an information card and a video for the activity. |
| **Wednesday 24th June Gymnastics and Dance**  **Activities:**   1. **Dance - is to perform a hip hop routine of your choice** 2. **Gymnastics- perform a sequence using a variety of skills**   **Activity 1**- There must be at least six different moves. The skills chosen are based on the participant’s ability. 2 minutes to complete your routine. Music of your choice. Take your time, have a little practice and see if you can use at least one skill from each category; head, core, upper and lower body • Ensure the space is large enough • See if you can link your moves together in a fluid motion  **Activity 2-** There must be six of the specified skills in the sequence and at least one roll, one jump and one balance. The skills chosen are based on the participant’s ability. You have 2 minutes to complete the challenge      Website:  <http://activecornwall.org/files/dance_-_hip_hop_activity_card.pdf>  This link will provide you with an information card and a video for the activity.    Website:  <http://activecornwall.org/files/gymnastics_-_a_sequence_activity_card.pdf>  This link will provide you with an information card and a video for the activity. | **Thursday 25th June Volleyball**  **Activities:**   1. **Volleyball - The serve** 2. **Volleyball – Hot potato** 3. **Volleyball – Flick and catch**   **Activity 1-** Identify an area that is 3 x 3 large steps. Mark it out with whatever you have to hand e.g. clothing, cushions, washing pegs etc. Stand approx. 3 large steps away from the target area. From standing, throw the ball up and hit it with the palm of your hand aiming for the marked out area. Retrieve the ball and go back to the serve position. You have two minutes to serve into the area as many times as possible. No ball? Use a teddy or some socks rolled into a tight ball. Your score is how many successful serves you make.  **Activity 2-** The aim of the challenge is to hit the ball into the air as many times as you can whilst keeping the ball off the floor by using different parts of your body. You can use a ball or balloon. Throw the ball up in the air 3. Hit the ball with your hands / feet / head, keeping it in the air for as many touches as possible in 2 minutes without it touching the floor.  **Activity 3-** Get as many continuous balls over your head and catch in 1 minute. Start by holding the ball behind your back with two hands. Toss the ball up and over your head so it falls in front of you. Anticipate the ball falling and catch it in front of you.  Website:  <http://activecornwall.org/files/volleyball_-_the_serve_activity_card.pdf>  This link will provide you with an information card and a video for the activity.    Website:  <http://activecornwall.org/files/volleyball_-_hot_potato_activity_card.pdf>  This link will provide you with an information card and a video for the activity.  Website:  <http://activecornwall.org/files/volleyball_-_flick_amp_catch_activity_card.pdf>  This link will provide you with an information card and a video for the activity. |
| **Friday 26th June Tennis**  **Activities**   1. **Balls in the target** 2. **Continuous rally** 3. **Continuous volley**   **Activity 1**- Get as many balls in the target as possible in 60 seconds. Set a target, this could be a bucket, clean bin or recycling box. Take 3 big steps back from the target and set a marker. Using a racket, try to hit the ball into the target. Run and collect your ball after each shot and return. If you do not have a racket you can use your hands, frying pan or baking tray • Use an item to mark where you will stand to take the shots • A ball, or rolled up socks, • Create a target using clothes to form a circle.  **Activity 2-** To achieve as many continuous shots as possible in a rally in 2 minutes. Stand 3 long strides away from a wall. Use a racket to hit the ball against the wall as many times continuously as possible without the ball falling on the ground. If you do not have a racket or tennis ball, you can use any of the following: • Frying pan • Baking tray • Use your hands instead.  **Activity 3-** To get as many continuous volleys as possible in 2 minutes. Make sure you have plenty of space around you. Hit the ball as many times in the air as possible with a volley without letting the ball fall to the ground. If you do not have a racket you can use your hands, frying pan or baking tray.    Website:  <http://activecornwall.org/files/tennis_-_target_shooting_activity_card.pdf>  This link will provide you with an information card and a video for the activity  Website:  <http://activecornwall.org/files/tennis_-_continuous_rally_activity_card.pdf>  This link will provide you with an information card and a video for the activity  Websites:  <http://activecornwall.org/files/tennis_-_continuous_volley_activity_card.pdf>  This link will provide you with an information card and a video for the activity | |
| **RESULTS**  **Each day’s challenges will begin at 10am with an email sent to all schools registered. Results must be submitted by 9am the following day on the specific day’s link. This is an online form that we will make available to you on our School Facebook site each day.**  The results sheets are really simple and user friendly. They have bespoke pathways for pupils & parents to be able to submit their results from wherever they are. On the same form, teachers will also have a bespoke pathway to be able to submit results for multiple pupils at once (1 form for everyone but with different pathways). The form will include results for the sport based challenge that day, the amount of points accumulated that day for the “making up the miles” challenge, and the bonus points**.**  **ALL RESULTS WILL BE AVIALABLE FROM MIDDAY ON FRIDAY 26th JUNE VIA THE @CornwallSchoolGames FACEBOOK PAGE AND POSTED ON THE ACTIVE CORNWALL WEBSITE.** | |