



## **Darlington School Sport Partnership weekly activity timetable week beginning 15<sup>th</sup> June 2020**

### **Tees Valley Virtual School Games Week**

**This week we would love our Primary & Secondary schools to get involved in the first Tees Valley Virtual School Games**

We know that school life might be a little bit different at the moment, but you can still compete to be Tees Valley champions in the "Tees Valley Virtual School Games"

Take part alongside your friends and teammates from school, represent your district, and strive to be the very best that you can in this very unique, special, virtual competition

During the School Games Finals week, 15<sup>th</sup> June to 18<sup>th</sup> June, Tees Valley Sport will be launching 8 different challenges for you to complete which can be done from the living room, garden, driveway, yard, street or even school

Each challenge will be available for the week. You can complete it as many times as you like before submitting your best scores in each challenge on [www.teesvalleysport.co.uk/virtualschoolgames](http://www.teesvalleysport.co.uk/virtualschoolgames) ahead of the deadline on Friday 19<sup>th</sup> June. Your score will be added to your school total, meaning that you can be part of your school team, and compete against all of the other schools across the county.

Your school's total score will be calculated by taking the average of score submissions, so it doesn't matter whether you are at a small school or a huge school. All young people's scores will gain points for their school and their district in the overall leaderboards.

We want to see your videos and photos on our social media feeds, but don't worry you don't have to share if you don't want to.

Keep your eye out for special prizes over the week as we watch the leaderboards for schools representing the Spirit of the Games and getting the most participants involved in each challenge. We are hoping for a brilliant participation from all our Darlington school community

**Tweet us @DarlingtonSSP or share on our facebook page Darlington School Sport Partnership**

Day Theme	Challenge 1	Challenge 2
<b>Move It Monday</b>	Standing Long Jump – 5 attempts to jump as far as you can from a standing position.  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-1/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-1/</a>	Speed Bounce – Count the number of jumps complete in 30 seconds (each jump and landing counts as one)  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-2/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-2/</a>
<b>Challenge Tuesday</b>	Bucket-Ball – 30 seconds to get as many balls into a bucket as you can.  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-3/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-3/</a>	Target Battle – 1 minute to hit as many targets as you can with the ball.  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-4/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-4/</a>
<b>Well-Being Wednesday</b>	The Shuttle Run – To collect 5 balls, one at a time, from a line and balance on top of a tin can in the fastest time you can.  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-5/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-5/</a>	Speed Pass – To throw and catch a ball with a partner as many times as you can within 1 minute.  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-6/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-6/</a>
<b>Try-It Thursday</b>	Agility Challenge – How many times can you complete the agility challenge in 1 minute?  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-7/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-7/</a>	Bullseye – How many points can you score in 1 minute by hitting the target ?  <a href="https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-8/">https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-8/</a>
<b>Feel Good Friday</b>	Try any of the activities that you did not get chance to try and don't forget to submit your results	
<b>Weekend Walk Out</b>	Get the family out in the fresh air for a walk ... how many things can you notice that belong in nature?  What can you see, hear, smell, touch that is natural and not man-made?	

