



### **Virtual School Games week**

Next Level Sports have created a group of events for both ADSSN and GSG as part of the Virtual School Games event for the whole family to take part in.

Head over to our website [www.nextlevelsportsltd.com](http://www.nextlevelsportsltd.com) where we go through the 5 events for the whole family to enjoy. Download our score card and award sheet so you can compete against each other, whatever your age.

Our Award sheet is split into three groups KS1 KS2 and adults' scores, so it is fair for all.

Simply time, measure or count your scores for each of the 5 events and using the award sheet, work out your overall scores.

The family member with the highest scores takes home the Gold Medal!

Our 5 events are;

1. Speed Bounce – 2 socks in a line, two footed jumps as many times as possible in 20 seconds. If you touch the sock or don't land on two feet, that individual score, isn't counted. - Count how many successful jumps you make and record the score
2. 5 x 2m shuttle sprint - 5 sprints as fast as you can (touch and return around the back, stay facing forward) – Get a family member to time your attempt and record timed score
3. Target throw – lay down 3 targets (for example a book or DVD), spread in a line 2m away. Using a pair of socks for each target, throw to hit the target. If you hit it run out and collect sock/target, if you miss run out and collect the sock and try again. - Record the time it takes you to hit and collect all 3 targets and return to the start.
4. Standing long jump, make a start line. Jump as far as you can, two feet to two feet. – Measure your jump and record the score
5. Obstacle run - 3 x 2m, mark out 2m distance with a tin and one sock. Place 1 sock in the middle. START - Run to the first sock, jump over it forward and back (3 times) then travel to the end sock and complete 3 speed bounces, return to the start and repeat 3 times. - Get a family member to time your attempt and record your time

Video examples of each event are available to view on our website and social media, along with downloadable copies of the Score sheet and Points sheets. Gold, Silver, Bronze and participation certificates can be downloaded on our website.

Please contact your School Games Organiser Glynn Hall - [ghall@nationalce-ac.org.uk](mailto:ghall@nationalce-ac.org.uk) and Terri Elliott - [t.elliott@theacademycarlton.org](mailto:t.elliott@theacademycarlton.org) to submit your results.

**Prize** - Winning School - £150.00 sports/kit voucher and FREE CPD training opportunity for your school