

SCHOOL GAMES AGILITY SQUARE CHALLENGE

Create a 5 by 5 metre square using markers and then place an extra marker in the middle of the square. Start in the middle and run to each of the four cones returning to the middle and changing direction after each one (every lap of four cones scores 1 point). Keep going for 90 seconds and see how many laps you can do!

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Agility Square Challenge to trowell@suacademy.co.uk with the child's first name, school year group, school and their highest score. Entries must be received by Friday 17th July at 3.00pm. Good luck!

School Games Active Championship

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa! New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app.

All they need to do is download the app, register as a player and type in the Invite Code 23880.

Children practice the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leaderboards and winning prizes!

The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app. All children can do to communicate with one another is give each other a virtual 'high-five', which functions like a social media 'like'. Video content is suitable for young people of all ages and abilities, with regular submissions from National Governing Bodies of Sport.

Please see the link below for more information and to sign up.

<https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/>

Extra Sports Activities

P.E with Joe Wicks - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

P.E Activity Challenges - <http://www.activitychallenge.co.uk/how-to-take-the-challenge>

Learn to Juggle - <https://www.youtube.com/watch?v=dCYDZDlcO6g&t=559s>

Dance School - <https://www.youtube.com/user/saskiasdansschool?app=desktop>

Youth Sport Trust Sports Challenges - <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

School Games Multi Skills - <https://www.youtube.com/watch?v=rXaDsZSs-zl&list=PLX9GnyQdxaf7gWU6eliNHNh3aSxOIhVxr>

Active Kids do better - <https://www.activekidsdobetter.co.uk/active-home>