

SCHOOL GAMES CHALLENGE #STAYINWORKOUT

Being at home does not stop you being part of the School Games! You can use the time to practice a personal best challenge i.e. how many skips/ catches/ kick-ups can you do in 1 minute (you can even challenge your friends and create a friendship leaderboard).

Below is the School Games Quiz! You have to research the answer then complete the task linking to the question. This can also be used as an activity where schools are open and taking care of key worker's children. Don't forget to tweet **#StayInWorkOut**

School Games Question	Your Answer	Activity	Correct Answer	School Games Question	Your Answer	Activity	Correct Answer
How many players in a Goalball team?		Sit ups	3	How many Equestrian Gold medals were awarded at the 2012 Olympics?		Sprint on the spot in seconds	6
How many points are awarded for the center of a archery target?		Press-ups	10	What is the total length of a Fencing foil? (in cm)		Go for a run (in seconds)	110
How many Gold Olympic medals did Usain Bolt win?		Burpees	8	How many players are on the pitch at the start of a football match?		Plank in seconds	22
How many people took part in a badminton rally to get the World Record		Star Jumps	123	How many golf holes make up a full size course?		Bunny hops	18
How many teams play against each other in a game of Boccia		Balloon keep-up (in minutes)	2	How many players consist of one netball team?		Hop on one foot	7
At what age did Anthony Joshua win Gold at London 2012		Kickups with a ball/ balloon2	23	What is the fastest squash serve (in mph) ?		In seconds, balance on 4 parts of your body	176
In Canoeing how far is the K1 event?		speed bounce	200	How many points were score when England won the Rugby World Cup final in 2003?		Bicep curls with a tin of beans	37
How many runs did Ben Stokes score in the Cricket World Cup Final in 2019?		in seconds stand on 1 foot	84				
How far did (in KM) Bradley Wiggins cycle on a track in 1 hour to get a World Record?		Step up	54				



SCHOOL GAMES CHALLENGE #STAYINWORKOUT

Being at home does not stop you being part of the School Games! You can use the time to practice a personal best challenge i.e. how many skips/ catches/ kick-ups can you do in 1 minute (you can even challenge your friends and create a friendship leaderboard).

Below is the School Games Quiz! You have to research the answer then complete the task linking to the question. This can also be used as an activity where schools are open and taking care of key worker's children. Don't forget to tweet #StayInWorkOut

School Games Question	Your Answer	Activity	Correct Answer	School Games Question	Your Answer	Activity	Correct Answer
How many players in a Goalball team?		Sit ups		How many Equestrian Gold medals were awarded at the 2012 Olympics?		Sprint on the spot in seconds	
How many points are awarded for the center of a archery target?		Press-ups		What is the total length of a Fencing foil? (in cm)		Go for a run (in seconds)	
How many Gold Olympic medals did Usain Bolt win?		Burpees		How many players are on the pitch at the start of a football match?		Plank in seconds	
How many people took part in a badminton rally to get the World Record		Star Jumps		How many golf holes make up a full size course?		Bunny hops	
How many teams play against each other in a game of Boccia		Balloon keep-up (in minutes)		How many players consist of one netball team?		Hop on one foot	
At what age did Anthony Joshua win Gold at London 2012		Kickups with a ball/ balloon2		What is the fastest squash serve (in mph) ?		In seconds, balance on 4 parts of your body	
In Canoeing how far is the K1 event?		speed bounce		How many points were score when England won the Rugby World Cup final in 2003?		Bicep curls with a tin of beans	
How many runs did Ben Stokes score in the Cricket World Cup Final in 2019?		in seconds stand on 1 foot					
How far did (in KM) Bradley Wiggins cycle on a track in 1 hour to get a World Record?		Step up					

