



# Wiltshire Virtual School Games: Cross Country



## Choose a skill level from the following options

Pupils can complete 1 or more levels – whatever helps them to achieve their personal best  
Where possible, this activity should be carried out on a flat grass area

**KS1**

Walk, jog or run 500m

**KS2 Lower**

Walk, jog or run 1000m

**KS2 Upper**

Walk, jog or run 1500m

**KS3**

Walk, jog or run 2000m

**KS4 & KS5**

Walk, jog or run 3000m



#RaCat

Visit our website [wiltssport.org/vsg](http://wiltssport.org/vsg) to see our mascot Ra Cat demonstrating the activities!

Please adapt this activity to suit those with SEND. For advice email [rachel.bown@ffc.ac.uk](mailto:rachel.bown@ffc.ac.uk).



Submit your entries before 3pm on **Friday 23<sup>rd</sup> October** at:

[www.wiltssport.org/vsg](http://www.wiltssport.org/vsg)



Find us on Twitter, Instagram & Facebook @wiltssport

Any questions? Please email [alma@wiltssport.org](mailto:alma@wiltssport.org)

#WiltSSG





# Wiltshire Virtual School Games: Interval Sprint



## Choose a skill level from the following options

Pupils can complete 1 or more levels – whatever helps them to achieve their personal best  
Where possible, this activity should be carried out on a flat grass area

### What to do

Use 4 cones to mark out a square with 20m sides

### Level 1

Jog all sides at an even pace

### Level 2

Jog 3 sides and sprint 1 side

### Level 3

Jog 2 sides and sprint 2 sides

### Level 4

Jog 1 side and sprint 3 sides

### Level 5

Sprint all 4 sides



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# Wiltshire Virtual School Games: Short Sprint

wiltshire and swindon sport  
wasp



## Choose a skill level from the following options

Pupils can complete 1 or more levels – whatever helps them to achieve their personal best  
Where possible, this activity should be carried out on a flat grass area

### What to do

Complete 50m (KS1), 75m (KS2) or 100m (KS3/4) at your chosen level. Try it each week and see if you can move up a level and/or beat your time.

### Level 1

Walk

### Level 2

Jog

### Level 3

Level run

### Level 4

Sprint



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# Wiltshire Virtual School Games: Team Relay



## Choose a skill level from the following options

Pupils can complete 1 or more levels – whatever helps them to achieve their personal best  
Where possible, this activity should be carried out on a flat grass area

### KS1

10 participants to walk, jog or run 2x40m each in a continuous relay to cover a total of 800m

### KS2

10 participants to walk, jog or run 3x50m each in a continuous relay to cover a total of 1500m

### KS3, KS4, KS5

5 Boys or 5 Girls to walk, jog or run 3x200m each in a continuous relay to cover a total of 3000m.  
Feeling ambitious? Aim for the British records of 8:26.97 (Paula Radcliffe) or 7:32.62 (Mo Farah)



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# Wiltshire Virtual School Games: Standing Long Jump



## Choose a skill level from the following options

Pupils can complete 1 or more levels – whatever helps them to achieve their personal best  
Where possible, this activity should be carried out on a flat grass area

### What to do

- Mark a start line & lay a tape measure out from it
- Stand with your toes behind the line (feet shoulder width apart), bend your knees and jump forwards
- You can use your arms to propel yourself forwards
- Land with 2 feet together

### KS1 & KS2

How many jumps does it take you to beat Shara Proctor's British long jump record of 7.07m?

### KS3, KS4, KS5

How many jumps does it take you to beat Greg Rutherford's British long jump record of 8.51m?



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# Wiltshire Virtual School Games: Jump Up!



## Choose a skill level from the following options

Pupils can complete 1 or more levels – whatever helps them to achieve their personal best  
Where possible, this activity should be carried out on a flat grass area

### Level 1

Stand in front of a wall and jump as high as you can. Measure the distance between your feet and the floor

### Level 2

Stand next to a wall, reach up and make a mark on the wall using chalk or water.

Now mark your fingers with chalk or water, jump up from standing and touch the wall as high as you can (make sure it leaves a mark). Measure the distance between the 2 marks.



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