

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 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.



Submit your entries before 3pm on **Friday 23rd October** at:
www.wiltssport.org/vsg



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Any questions? Please email 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
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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



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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



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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



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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!



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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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