

Schools Virtual Competition

Key Stage 3 / Key Stage 4



While the schools are closed, Cannock & Rugeley are running virtual sports competitions that children can enter and represent their school from home!

The competitions are designed to be really simple and require very little equipment to take part.

1K Challenge

How fast can you run 1000 metres?

1K Running Challenge— Years 7-11



How fast can you run 1000 metres?

Use your smart watch / phone to time how long it takes you to run 1000 metres.

Try and beat your best time!!!



To represent your school and enter this competition:

Email results to your school or Tom the School Games Organiser directly at

trowell@suacademy.co.uk

CLOSING DATE IS Friday 12th February

Include your first name, year group, school and best time. Please keep up to date by following Staffordshire University Academy School Games Facebook or Twitter page.

