

Schools Virtual Competition

Ages: R Y1/2, Y3/4, Y5/6



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.

Jumping Challenge

1. Speed Bounce

How many side to side jumps can you do in 30 seconds?

Jump over an object e.g. cone / wedge / milk carton

Each jump = 2 points



2. Vertical Jump

How high can you jump in cm?

Stand by a wall and reach as high as you can. Jump and touch the wall as high as you can. Measure the distance between the two marks in cm.

Each cm = 3 points



3. Standing Long Jump

How far can you jump? Measure in cm

Each cm = 1 point

ADD ALL POINTS TOGETHER TO GET INDIVIDUAL SCORE

To represent your school send school, year group & results to P.E coordinator or Tom the SGO at

trowell@suacademy.co.uk CLOSING DATE— 29/1/2021



