

Schools Virtual Competition

Years Reception to Year 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.

Step Up Challenge

How many step ups can you do in 1 minute?

Step Up Challenge



Step up and down a step , box or school bench as many times as you can in 1 minute. How many can you do? Both feet must step up and step down.

If you are using a box/ bench then ask someone to hold it still.

Try and beat your best score!!!!

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 Monday 8th 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.

