

IN SCHOOL INTER SCHOOL CUP COMPETITION YEAR 5 ACTIVITY

BUCKS
AND MK



Monday 24th May - Monday 31st May

The School Games offer has changed slightly and now includes a Virtual Cup Competition that will run throughout the term. Together with LEAP we are bringing you exciting physical activity team challenges to complete at your school to to compete in the School Games Virtual Cup Competition.

Games/ Activities that are designed to be completed in school.

Read the instructions for each challenge in the following pages.

- Practice and improve before you record your scores.
- **Once you feel confident, record your score using guidance below.**
- New challenges released each week.



www.leapwithus.org.uk/bucks-mk-virtual-school-games

A DARING ESCAPE

BUCKS
AND MK



You and your 3 fellow treasure hunters while searching for some rare jewels on an island, have been captured by pirates . You have been tied together by the pirates as a way of trying to stop you from escaping. They are keeping a strict eye on you all and are taking shifts to watch you all. But wait, there is a chance to escape during their shift swaps! **Now is the time to make a daring escape!**

You must escape their camp quickly but there is no time to untie yourselves from each other. Make this escape, you need to dash out of their camp and to your boat which is on the shoreline 50m away. Get there as quickly as you can. Breaking the link will alert the guards and you will be recaptured! Can you make this daring escape and gain your freedom?



CHAINED 50M DASH

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EQUIPMENT

- Teams of 6 Pupils
- 5 Bibs

INSTRUCTIONS

1. Mark out 50m
2. Pupils 1 and 2 hold separate ends of a bib. Pupils 2 and 3 share another and Pupils 3 and 4 share another.
3. The team run as quickly as they can to get across the 50m mark but must stay connected throughout their sprint.
4. If the team become disconnected, they must stop running and get re-attached before continuing.
5. The time stops when the last person in the team crosses the line and quickest time wins.

VIDEO LINK

Insert URL here.

If no video, replace with image, or delete header.



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SUBMIT YOUR RESPONSES HERE

For further games and challenges, as well as Secondary level activities please visit:

[www.leapwithus.org.uk/
bucks-mk-virtual-school-games](http://www.leapwithus.org.uk/bucks-mk-virtual-school-games)



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