

IN SCHOOL INTER SCHOOL CUP COMPETITION

BUCKS
AND MK



YEAR 6 ACTIVITY

Monday 5th July - Monday 12th July

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

OH NO! QUICKSAND!

BUCKS
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You have managed to get out of the ancient temple with a large haul of the treasure! You and your fellow explorers celebrate and are in high spirits as you make the long journey home back to your tree house hideout. You sing songs, tell stories and recall tales to each other about the journey you have all just been a part of. Each and every one of you knows that this was all worth it!

In your jubilant spirits, you have taken a wrong turn and quickly know you are lost. Disorientated and not knowing which way to go, you pause to give yourselves a moment to get back on the right tracks. You soon realise you have to move and you have come across a very large area of quicksand. You need to cross over to get back to your way home. You quickly realise you can not simply walk over with all the treasure as you will be too heavy and sink into the sand. You must work together, taking care of all the treasure to transport it to the other side and continue to make your way back home. You remember an old tale about another explorer in a similar situation and decide to put that plan into action...



ZIG ZAG CATCHES

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EQUIPMENT

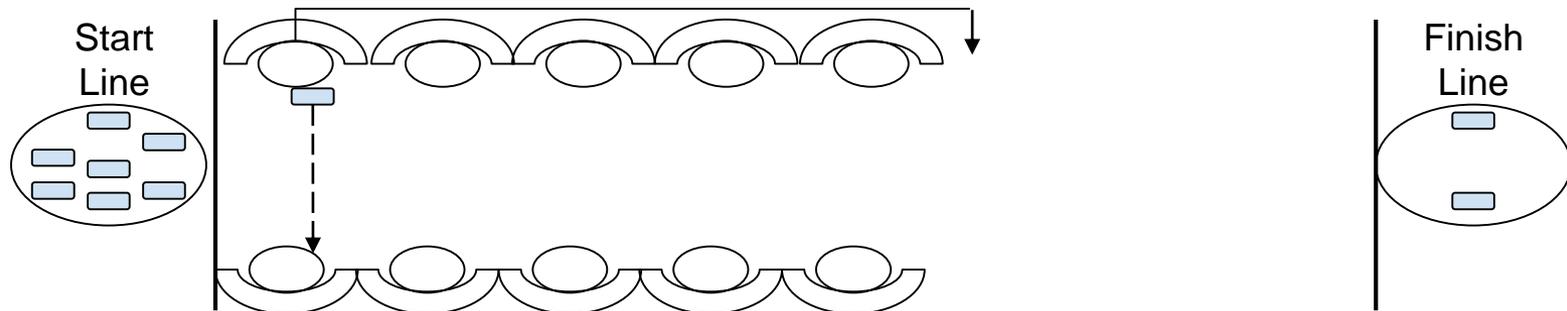
- 10 Balls/Bean Bags
- 2 Hoops
- 10+ players

INSTRUCTIONS

1. Mark out a start and finish line, 20m apart and place a hoop on both lines. Put the 10 balls/bean bags in the hoop on the starting line.
2. Split your players into 2 teams, and the teams stand opposite each other, such as in the image below. Players stand shoulder to shoulder with the next players.
3. Player 1 picks up a ball/ bean bag and throws it to player 2 who is opposite. Player 1 then joins the end of the line he was in, again standing shoulder to shoulder with the person on the right of them. Player 2 then throws the ball to player 3 and moves so on and so on.
4. When a player gets to the finish line, they can play the ball into the hoops. The team then goes back to the start and repeats the process with the next ball.
5. If a player drops the ball or does not catch it, they must collect it and go back to where they were stood before continuing with the challenge

AIM OF THE CHALLENGE

Transfer all 10 balls from one hoop to the other in the shortest time possible!



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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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