

PRIORY PE, HOME LEARNING NURSERY- RECEPTION & KS₁ FITNESS FRENZY

Personal Best Berkshire Virtual Games Challenges



Virtual
**SCHOOL
GAMES**

Do not forget to submit your scores

PE home learning

Tips for success

- Be safe- ask an adult for help
- Focus on personal bests (how many times can you beat YOUR score)
- Have lots of turns
- Don't worry about making mistakes

Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating" - Sophocles

Do not forget to submit your scores

Score Sheet

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Challenge 1 – Bunny Hops					
Challenge 2 – Jaguar Jumps					
Challenge 3- Gecko Steps					

Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating" - Sophocles

For your chance to win a certificate- you can add your scores on the link below

- <https://forms.office.com/Pages/ResponsePage.aspx?id=hELNmYFYGEmxxHkAGdMKNFd51oxd8cZJsMWyGgP5TpxUMlYoQUFJMEgSSzVTWE5LSjVHTFRRRU1JRy4U>



Fitness Frenzy - - Event 1 - Challenge 1 - Bunny Hops



- Please click the link to watch the challenge –

https://www.youtube.com/watch?v=b_ShN2DVb34&feature=youtu.be

TO PLAY

Pupils touch the floor with both hands then jump in the air with both hands raised. Then repeat.

SCORING

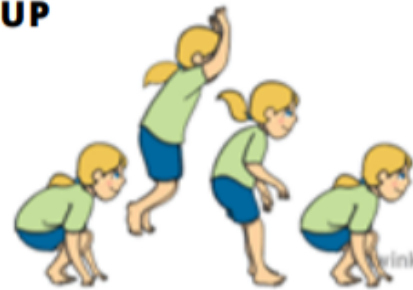
Complete as many jumps as possible in 30 seconds. You score 1 point per jump.



EQUIPMENT

None

SET UP



Use
counters
to keep
score



Fitness Frenzy - - Event 1 - Challenge 2 - Jaguar Jumps

- Please click the link to watch the challenge-

<https://www.youtube.com/watch?v=OSZHHysRCZo&feature=youtu.be>

EQUIPMENT

2 markers 

TOP TIP: Stop at the cone before jumping to avoid jumping forward

SET UP

Setup 2 markers, 3 large steps apart.



TO PLAY

Starting at 1 cone, run shuttles between the 2 cones, when you get to a cone jump for height with both hands in the air. Repeat at both ends.

SCORING

Complete as many shuttles and jumps as possible in 60 seconds. You score 1 point per jump.



Fitness Frenzy - - Event 1 - Challenge 3 - Gecko Steps

- Click on the link to watch the challenge

https://www.youtube.com/watch?v=xk7l_YRXagU&feature=youtu.be

TO PLAY

Starting at 1 cone, side step between the 2 cones. When you reach a cone, turn it over and head back to the other cone and turn this one over. Repeat.

SCORING

Turnover the cones as many times as possible in 60 seconds. 1 point for every cone turned over.



Virtual



SCHOOL GAMES

EQUIPMENT

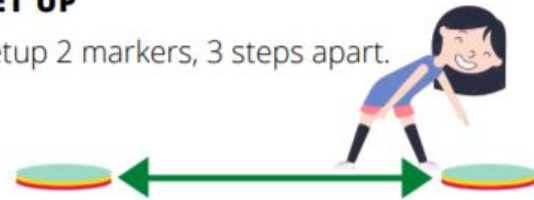
2 markers



TOP TIP: Use left hand for the left cone & right hand for the right cone

SET UP

Setup 2 markers, 3 steps apart.



Virtual
SCHOOL
GAMES

Mr Watson says 'Do not forget to':

- Be safe
- Try lots of times
- Have fun
- Get the adults at home to submit your scores:
<https://forms.office.com/Pages/ResponsePage.aspx?id=hELNmYFYGEmxxHkAGdMKNFd510xd8cZJsMWyGgP5TpxUMIYoQUFJMEgSSzVTWE5LSjVHTFRRRU1JRy4U>

