

Try something new!

Improves our  
mental health!

Benefits our long term health!

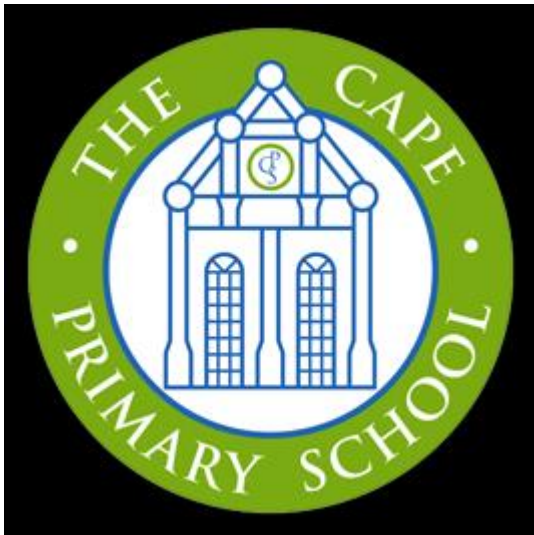
Physical health  
improvements!



Motivational - Let's  
push ourselves...

A fun  
challenge!

## School and Home Competition

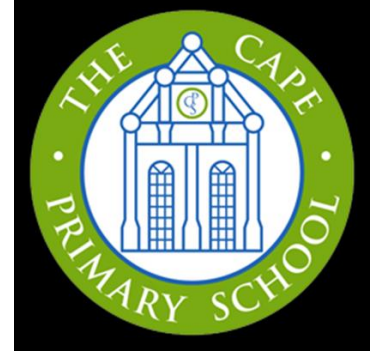


**Sandwell School Games Organisers** are running a **Sandwell-wide Virtual School Games Competition** that all children have the opportunity to take part in.



Improves our  
mental health!

Physical health  
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At Cape Primary we already know the importance of staying physically fit and emotionally healthy.

Now it is our chance to show others that our school is one of the best in Sandwell for physical activity. Please join in this challenge by following the link below to register your participation.

Let's get all of Cape completing these challenges together –its easy!

[Speed Bounce \(google.com\)](#)

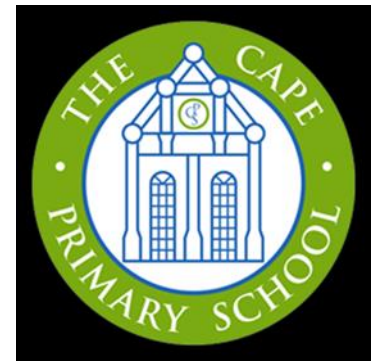
[https://docs.google.com/forms/d/e/1FAIpQLScIBxHMMLIHSm\\_rDulomxEqRJ3Q6jqx-Bynr9VdzKt2-9y9Jw/viewform](https://docs.google.com/forms/d/e/1FAIpQLScIBxHMMLIHSm_rDulomxEqRJ3Q6jqx-Bynr9VdzKt2-9y9Jw/viewform)



## Score Sheet

Try something new!

A fun challenge!



|                 |              |         |              |                 |
|-----------------|--------------|---------|--------------|-----------------|
| Name:<br>Class: |              |         |              |                 |
|                 | Speed Bounce | Balance | Target Throw | Throw and Catch |
| Date:           |              |         |              |                 |
| Date:           |              |         |              |                 |
| Date:           |              |         |              |                 |
| Date:           |              |         |              |                 |
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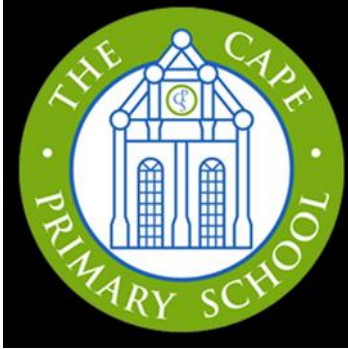
Once you have completed the challenge please complete the data sheet **online** before Thursday 11th February 2021.

Your 4 challenges follow....  
Will you succeed?

[Speed Bounce \(google.com\)](https://www.google.com)



Benefits our long term health!



- **Speed Bounce**

For this challenge pupils must: Bounce over a sock/line that is laid out on the floor. Pupils are encouraged to land either side of the sock/line with both feet together. Pupils will have 30 seconds to complete as many bounces as possible.

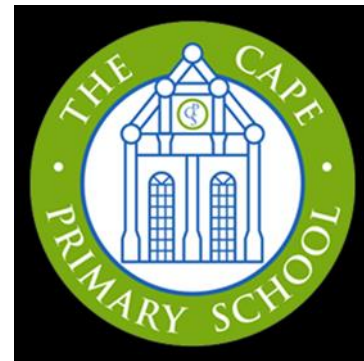
- **Balance**

For this challenge pupils must: Lay out a single sock/mat on the floor. Place one foot on top of the sock/mat, raise other to 90 degrees and start your timer. Pupils will have 30 seconds to complete this challenge.

**CHALLENGE YOURSELF** Do the same task but raise onto your tiptoe and hold.



Motivational - Let's push ourselves...



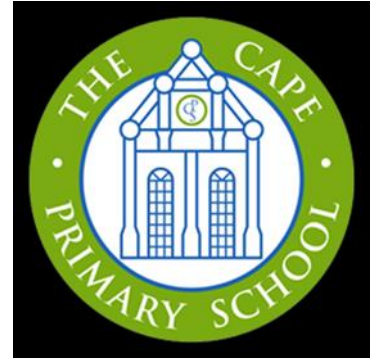
- **Target Throw**

For this challenge pupils must: Stand 2 meters away from washing basket/empty bucket. Roll up a pair of socks or collect a ball. Throw socks/ball into basket/bucket. Retrieve socks/balls and repeat. Pupils are encouraged to throw both over and under arm. One point is awarded for landing your socks/ball in the basket/bucket. Pupils will have 30 seconds to complete this challenge.

**CHALLENGE YOURSELF** Complete the task using your non dominant hand (weaker).

Try something new!





- **Throw and Catch**

For this challenge pupils must: Roll up a pair of socks/collect a ball. Throw socks/ball in the air and catch with two hands (be careful not to hit light fittings) Pupils will have 30 seconds to complete as many catches as possible. This challenge can be completed by either sitting or standing.

**CHALLENGE YOURSELF** Complete the same task but throw and catch using only one hand

<https://docs.google.com/forms/d/e/1FAIpQLScIBxHMMLIHSmrDulomxEqRJ3Q6jqx-Bynr9VdzKt2-9y9Jw/viewform>