



## Shropshire and Telford & Wrekin Virtual School Games

# ATHLETICS

**Achieve the challenge:** Complete the 2 Athletics Challenges and record your results

### HOW TO PLAY

#### Challenge 1: Speed Bounce

The challenger must take off and land on both feet by doing a two footed jump and landing on the opposite side of a middle line. The athletes feet should leave and land on the floor simultaneously and athletes must wear suitable footwear. This should take place on grass or carpet surface. How many times can you cross the line in 30 seconds?

#### Challenge 2: Vertical Jump

The challenger stands with their back and heels touching the wall. Both arms stretched upwards with fingers, elbows and legs straight. A mark should be made at this point at the top of the fingers. The participant then turns sideways to the wall (20cm away) bends their knees and jumps to touch the wall at the highest point they can. A measurement is then taken between the starting mark and jump mark to the nearest cm. How many centimetres can you jump ?

### EQUIPMENT:

A line to bounce over (skipping rope/cardboard/tape etc) | Measuring Tape | Stopwatch | A wall | Marker



### VIDEO LINK

Speed Bounce

[https://www.youtube.com/watch?v=OH9M\\_brZPCY](https://www.youtube.com/watch?v=OH9M_brZPCY)

Vertical Jump

[https://www.youtube.com/watch?v=2FfbyAUk\\_bI](https://www.youtube.com/watch?v=2FfbyAUk_bI)



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#AthleticsChallenge



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# ATHLETICS

### SAFETY:

Ensure you have enough space  
Be aware of your surroundings and remove anything breakable  
Trainers must be worn

### CHANGE IT UP:

Add more seconds to the speed bounce to test your stamina

### KEY SKILLS:

Balance — Agility — Speed—Co-ordination  
— Stamina—Posture

### SPIRIT OF THE GAMES:

During the #AthleticsChallenge we hope to see the following School Games Values on show



Challenge	Score
Speed Bounce	
Vertical Jump	
<b>Total of 2 challenges (Bounces and Measurement)</b>	

#VirtualSTWSchoolGames



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