

## Virtual Surrey School Games

Who has submitted their results for Cross Country? More information on how to do this on page two.

Well done to everyone who is taking part. Great to see everyone being active and beating their personal bests.

Keeping recording and sending your scores in.

### Update

From schools' feedback we have extended the deadline a week. Entries close on **Thursday 11 February**.



## Movement breaks

Simple, quick ideas to get pupils moving throughout the day

### Game Breaks

See the separate 'Game Break' attachment for simple and quick ideas to get pupils up and active.

### Skipping Challenge

How many skips can you do in 60 seconds? Get the children to repeat the challenge whilst trying to beat their previous score.



## Partner resources

Activities from trusted partners, focusing on the curriculum, wellbeing & SEND



### 1. Curriculum: Premier League Primary Stars

Free curriculum-linked [resources](#) covering a range of topics.

### 2. Wellbeing: Children's mental health awareness week 1-7 February

[Free resources](#) available that can be used in school or at home.

### 3. SEND: Youth Sport Trust

Inclusive activities for [home](#) and [school](#).

## Activity Challenge

Balance on one leg for as long as you can.

Close your eyes or try and squat to make it harder.



How many keepy uppies can you do in 30 seconds? Use any ball/racket/saucepan. Can you move around the room?



Each week we will share a themed activity card

This weeks Activity Bingo focuses on personal best challenges. Once your child has completed the card, you can unlock their certificate by emailing their name, school year and school name to our [email address](#).

See separate attachment (same PDF as Game Breaks).

# Virtual Surrey School Games



**CROSS COUNTRY**

Let's keep active together

Can you?  
Walk/jog/run continuously  
for 10 minutes  
OR  
Walk/jog/run 1 mile (1.6km)

@ActiveSchoolAS  
#SurreySchoolGames

Note down your best time  
or distance each week

AS ACTIVE SURREY

**VIRTUAL SURREY SCHOOL GAMES**

 

**Who:** Key Stages 1 - 4, including SEND

**What:** Walk / jog / run continuously for 10 minutes OR run a set distance of 1 mile (1.6 km)

**When:** 14 January to 11 February 2021

## Results:

**Home** - Parents should submit results to their school, who can collate them (via an excel spreadsheet) and send to Active Surrey at [active.schools@surreycc.gov.uk](mailto:active.schools@surreycc.gov.uk).

**School** – Children in school should give their scores to their teachers.

**Certificates:** Active Surrey will send certificates to all schools, to distribute to pupils and parents.

## Additional Info:

All activities should follow **Government Guidance** in response to COVID-19 and the [afPE safe practice](#) guidelines. Each school will also have their own policies and procedures to follow.