

VIRTUAL SCHOOL GAMES

Are you up for the challenge?

Melton and Belvoir and South Charnwood School Sport & Physical Activity Networks would like to invite your child(ren) to take part in our Virtual School Games Competitions running up until Friday 26th June. The Virtual School Games Challenge is an exciting programme of sporting competition running through the Summer term, giving all children the opportunity to represent their school team.

VIRTUAL SCHOOL GAMES COMPETITION SCHEDULE	
Week 1 Throwing Challenges	Monday 1 st June – Friday 5 th June
Week 2 Jumping Challenges	Monday 8 th June – Friday 12 th June
Week 3 Running Challenges	Monday 15 th June – Friday 19 th June
LRS School Games Summer Championships	Monday 22 nd June - Friday 26 th June

What do we you need to do?

Follow the Virtual School Games challenge cards each week. Once your child has completed both challenges, send your personal best results to **your year group email address (that can be found on the Home Learning Documents)** or via Seesaw by 4pm on Friday of each challenge week. This will allow schools to keep track of how many children have taken part. All participants will receive a certificate on competition of their challenges to recognise their involvement.

We'd love to see you in action so why not tweet us a clip of you taking part
[@MeltonBelvoir](https://twitter.com/MeltonBelvoir) [@SouthCharnwood](https://twitter.com/SouthCharnwood)










Stay fit, stay healthy, have fun! 😊

#HEALTHYATHOME
#STAYSAFESTAYACTIVE

Disclaimer

Please make sure your exercise area is clear of obstacles and there isn't anything nearby which could cause a trip or a fall. Suitable clothing and footwear is also advised whilst carrying out the challenges. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Physical activity for children and young people (5–18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD










Be physically active

Spread activity
throughout
the day



Aim for
at least
60
minutes
everyday


All activities
should make you
breathe faster
& feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	 SPORT	 PE
 SKIP	 CLIMB		 WORKOUT

Include muscle
and bone
strengthening
activities

**3 TIMES
PER
WEEK**

Sit less



LOUNGING

Move more

**Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday**

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** www.bit.ly/startactive