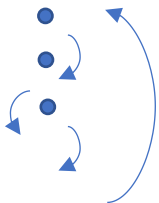
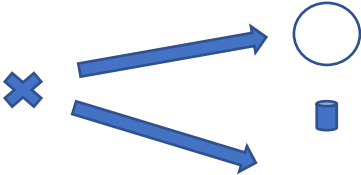







VIRTUAL MULTI-SKILLS COMPETITION

YEAR 1 & 2

Competition Intent: To develop resilience and self-belief by trying to beat your own 'Personal Best' score




ACTIVITY	DESCRIPTION / RULES
<p>Agility Obstacles</p> 	<ul style="list-style-type: none"> • Lay out 5 cones in a line, 1m apart. • Starting at the first cone. You must weave in and out of the cones • Once you get to the end, • Travel back to the start and repeat • Every time you return to the start position you score 1 point <p>How many times can you complete the course in 45 seconds?</p>
<p>Target Throw</p>  	<ul style="list-style-type: none"> • Place a hoop/goal 3 metres from your starting point • You need 5 bean bags placed to the side of your start position • On 'Go' throw/push/kick the bean bags one at a time into the hoop/goal. You can only pick up one bean bag one at a time • If you miss the hoop, go and collect it and have another go • If you are struggling, stand closer to the target <p>How many attempts will it take you to throw all 5 bean bags into the hoop (the lower score the more accurate you are!)</p>
<p>Balance the item</p>  	<ul style="list-style-type: none"> • Place two markers on the floor, 5 metres apart • Grab yourself an object that you can balance on a part of your body (bean bag/book) • Starting on one of the markers, balance the item on your head. You must walk between the cones for 1minute. • Have 3 attempts and put your best score • If you are struggling balance the object on your palm of your hand. <p>How many laps can you complete without the object falling off?</p>



VIRTUAL MULTI-SKILLS COMPETITION

YEAR 3, 4, 5 & 6

Competition Intent: To develop resilience and self-belief by trying to beat your own 'Personal Best' score

ACTIVITY	DESCRIPTION / RULES
<p>Agility Obstacles</p> 	<ul style="list-style-type: none"> • Lay out 4 blue cones in a line, 1m apart. Then a different coloured cone at the end horizontal at the end • Starting at the first cone. You must weave in and out of the blue cones • Once you get to the end, touch the red cone with your hand • Run back to the start and repeat <p>How many times can you weave in and out, touch the red cone and return to the starting position in 45 seconds (year 3/4) or 60 seconds (year 5/6)</p>
<p>Cross the swamp</p> 	<ul style="list-style-type: none"> • Have two markers 5 metres apart • Grab yourself two hoops or two flat markers • The aim is to cross the swamp, but you can only stand either in your hoops or on markers. • Remember – do not throw hoop/marker too far in front, otherwise you will not be able to reach it to help you across the swamp. <p>How many times can you cross the swamp in 60 seconds (year 3/4) or 90 seconds (year 5/6)</p>
<p>Beat the Clock</p> 	<ul style="list-style-type: none"> • Place a hoop 5 metres from your starting point • Place 20 items next to you (cones/bean bags) • Pick up one item, you must hop on one leg as fast as you can and place item in hoop. You must place in hoop – not throw <p>How many items can you place in hoop in 30 seconds (year 3/4) or 45 seconds (year 5/6).</p>