



HOW TO....

We want as many children as possible in your school to take part.

Each activity is to last 1 minute with a 1 minute break between each. Once all 5 activities are completed that is "the 1st half" over, allow a larger break here before restarted all 5 activities again for "the 2nd half"

If children are at home, parents help would be needed to write down scores and take some videos/pictures of evidence.

FOCUS...

With this format of competition we really want the focus to be having fun and participation across all year groups. If possible we'd love to see some children wearing school team kits or Warrington Wolves tops

VIRTUAL FIRE 7S



Game Card

1ST HALF & 2ND HALF ACTIVITIES

Throw a ball at a target (1min)

Standing a distance (measured) from the target drawn/stuck on a wall, if you hit the target you get your points. 1 meter = 1 point, 2 meters = 2 points, 3 meters = 3 points, 4 meters = 4 points, 5 meters = 5 points. Suggestion have at least 3 measured lines to throw from in case a target is too easy/difficult.

1 minute break

Star Jumps (1min)

Star jumps in one place, arms should be raised to no less than parallel with shoulders and feet must open to shoulder width to score a point. Each star jump = 1 point

1 minute break

North, South, East, West(1min)

Standing central to 4 cones/tins/pieces of paper with a ball in hand. Child must reach and tap the ball on each point standing straight on central position between each cone.

2 points scored for a full revolution of all 4 of the N,S,E,W positions

1 point for half revolution at the end of time

NO Rounding up on points allowed.

1 minute break

Step Ups (1min)

Using stairs or raised patio.

Must step up and down with both feet to score a point.

Each completed step = 1 point

1 minute break

Throw and catch (1min)

Ball must be thrown over head height and caught.

1 point scored for every successful catch.

PREPERATION

Have areas marked out clearly and equipment ready for activities. Have a score card and a pen to hand to mark down scores, in schools perhaps have a register type system ready set. Be the central timer for all activity, stop watch at the ready!

SKILLS

Children will have worked on Coordination, pass technique, cardiovascular capacity, balance and agility through this competition.