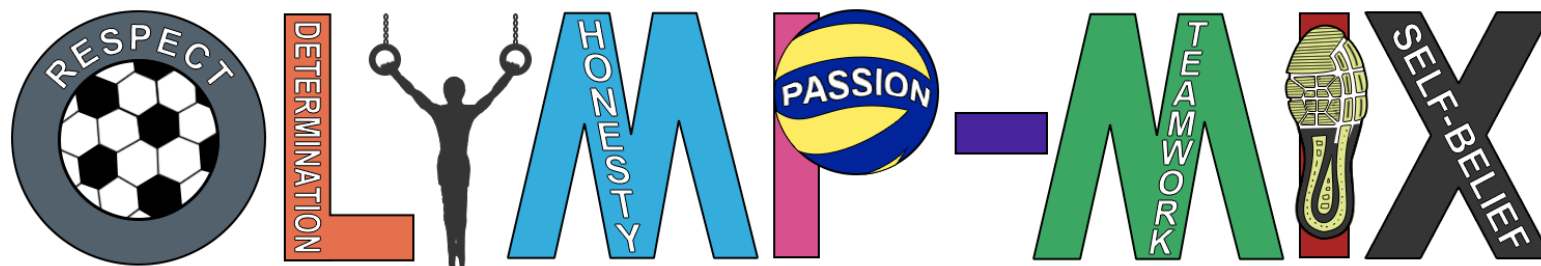
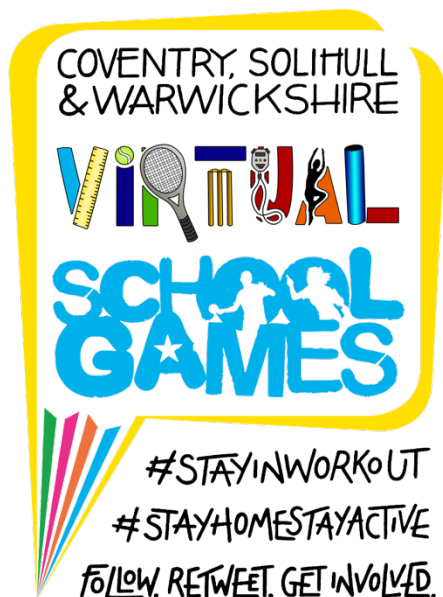


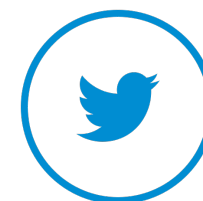
Primary - Monday 29th June – Friday 10th July



Follow the steps below to get involved:

- Familiarise yourself with the 4 challenges below.
- You have two weeks to complete all 4 challenges.
- Take some time to practice and improve before recording your scores.
- Click the link at the bottom of page 2 and complete the form to support and represent your school.

Tweet us with your efforts using the #CSWVirtualGames and your area Twitter handle below!



North Solihull – Hollie Williams - @SolihullNorth

South Solihull – Julie Chrysostomou - @SSolihullSSP

Coventry East– Stu Davoile - @SGOCoventryEast

Coventry West – Danny Kingham - @SGOCoventryWest

Central Warwickshire – Ali Knight - @CWSchoolSport

Southern Warwickshire – Andy Sandford - @swschoolgames

Eastern Warwickshire – Ian Smart - @Harris_SSP

Northern Warwickshire – Rory Leggett - @Schoolgames_nw

Participants – All participants will receive an e-certificate via e-mail on completion of all 4 challenges.

Individuals – At the end of the two weeks the 3 lucky individuals from KS1, KS2, KS3, KS4 and stand out School Games values performers will receive **a £5.00 E-VOUCHER.**

Schools – The Infant/junior or Primary School and Secondary school with the highest percentage of participants by the time the challenge ends will win a **£75.00 PE equipment voucher.**

CLOSE CONTROL

Equipment

- A football or an alternative ball
- Stopwatch or timer



I scored 76 in 30 seconds and 120 in 45 seconds - how many will you achieve?



Nat Haigh – Aston Villa

 @NatHaigh6

How to

Reception & Key Stage 1

- Place the ball on a hard surface
- Place the sole of your right foot on top of the ball, then remove and replace with the sole of your left foot
- Repeat this pattern as many times as possible in **30 seconds**
- Everytime the sole of your foot touches the ball you score 1 point

Key Stage 2

- Place the ball on a hard surface
- Place the sole of your right foot on top of the ball, then remove and replace with the sole of your left foot
- Repeat this pattern as many times as possible in **45 seconds**
- Everytime the sole of your foot touches the ball you score 1 point

Scoring

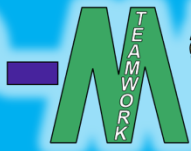
Complete as many successful touches as you can in either 30 seconds (reception & KS1) or 45 seconds (KS2). Make sure you keep your score and record.

Did you know?

Men's football has been a part of the Olympics since 1900, where GB won the first ever gold medal. They've won 3 gold medals in total, making them and Hungary the most successful Olympic men's football teams.

Women's football made the Olympic programme in 1996. The USA have won 4 of 6 tournaments, with Norway and Germany the only other countries to win the tournament to date.

Approximately 2,400 balls were used in the London 2012 Olympic competition.



SITTING VOLLEYBALL



Kate Grey – Team GB Paralympian

 @kategrey25

I scored 64 in 60 seconds - how many will you achieve?



KEEP-UP

Equipment

- A balloon or beachball
- Stopwatch or timer

How to

- Start in a seated position, and use any part of your arms to keep the balloon in the air
- Each time you hit/tap the balloon and it travels **above head height**, you score 1 point
- You will have **60 seconds** to score as many points as possible
- During the challenge you must remain seated, if you come up onto your knees or feet, these points should **not** be included in your score
- If the balloon hits the ground: do not worry - continue, collect it, sit back down quickly and continue. Do not stop the clock, continue scoring from where control was lost.

FOLLOW. RETWEET. GET INVOLVED.

#STAYHOMESTAYACTIVE

#STAYINWORKOUT

Did you know?

After sitting volleyball was created as a rehabilitation sport for injured soldiers in 1956, it was officially included in the Paralympic Games in 1980. The women's event was introduced to the programme in 2004. It is one of the most popular Paralympic team sports, with over 10,000 athletes competing across 75 countries.

Morteza Mehrzadselakjani of Iran was one to watch in Rio 2016. As the 2nd tallest person in the world, and tallest athlete to ever compete at a Paralympic Games, he was able to apply his 2.46m height to great effect!

Scoring

Complete as many successful keep-ups as you can in 60 seconds. Make sure you keep your score and record.

Video support - <https://youtu.be/P6t9OtZXa0s>



SPEED BOUNCE

Equipment

- A rolled up towel or speed bounce mat
- Stopwatch or timer



I scored 49 in 20 seconds and 76 in 30 seconds - how many will you achieve?



Amy Hillyard
Team England

 @amyhilly

How to

Reception & Key Stage 1

- Roll up a towel and place on a hard surface
- Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in **20 seconds**

Key Stage 2

- Roll up a towel and place on a hard surface
- Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in **30 seconds**

Scoring

Complete as many bounces as you can in either 20 seconds (reception & KS1) or 30 seconds (KS2). Remember: to count as a point you must be jumping from 2 feet to 2 feet.

Did you know?

The first race was held during the first Olympics in 776 BC. It was 600ft long.

Usain Bolt is the fastest person in the world, running 100m in 9.58 seconds in 2009.

Hidekichi Miyazaki is the oldest competitive sprinter at 105 years old. He recently ran the 100m in 42.22 seconds, and is otherwise known as the 'Golden Bolt' for imitating Usain Bolt's well-known lightning pose!

165,000 towels were required at the Olympic Village throughout the 2 week London Games in 2012.





GYMNASTICS

BALANCE HOLD

Equipment

- 1 rolled up pair of socks
- Stopwatch or timer

How to

- Take your pair of socks and balance them on your head
- Place your arms out by your side to help you with your balance
- Take your right leg off the floor, bend your knee and hold your leg up in front of you at a 90 degree angle - balancing on your left leg
- Record the number of seconds you can remain balanced
- You must stop the timer; before you reach the 30 second maximum score, if the socks fall off your head, or if you put your foot down
- Repeat the challenge, this time balancing on your right leg
- The maximum you can score is 60

Scoring

Balance for as long as you can in 30 seconds on your right and left leg, and add your scores together for your total (eg. right leg 22 + left leg 18 = total score 40.) The maximum you can score on each leg is 30 - for achieving 30 seconds without losing control of your balance. If your score has a decimal point please round up the next whole number.

Video support - <https://youtu.be/l6giGThu4ug>



I scored 30 on my left leg and 30 on my right leg giving me a total of 60 points - how many will you achieve?



Mimi Cesar – Team England

 @mimi_cesar

Did you know?

Artistic gymnastics was introduced at the very first Olympic Games in 1896, with the German team winning almost every medal.

Women weren't allowed to compete until 1928, where the Netherlands claimed the title.

Nadia Comaneci and Nellie Kim scored perfect 10s in 1976 at the Montreal Games, at the age of just 14. Gymnasts must now be 16 to compete in the Olympic Games.

Larissa Latynina dominated between 1956 and 1964, collecting a record 18 medals.



SCHOOL GAMES VALUES FLAG COMPETITION

As part of our Olymp-Mix celebration we would like you to design a flag for the CSW (Coventry, Solihull & Warwickshire) School Games.

To design your flag you may want to use inspiration from Tokyo 2020 and also incorporate one or more of the School Games Values of:

Passion, Self-Belief, Determination, Respect, Teamwork and Honesty



HOW TO ENTER

1. Download the template - <https://bit.ly/3hOrgi5>
2. Print or download this template and either;
 - a. draw your design
 - b. design on the computer.
3. Take a photo or save a PDF of your design. Please ensure you use the template provided.
4. Submit your entry-
www.surveymonkey.co.uk/r/CSWFlag

SUBMIT YOUR OLYMP-MIX SCORES

Take your final scores from all 4 challenges, and add them together to get your result.
Football + Athletics + Gymnastics + Volleyball = TOTAL SCORE

Completing the challenge from home - Submit your **TOTAL SCORE** via the link
www.surveymonkey.co.uk/r/CSWVirtualOlympics

Completing the challenge at school – use the spreadsheet provided by your SGO.

PLEASE ONLY SUBMIT YOUR SCORES ONCE!