

SCHOOL GAMES

RESOURCES

BUCKS
AND MK



Whilst the School Games can't take place as usual at the moment, the network of School Games Organisers, together with Leap are working hard to bring you exciting ideas to help young people get and stay active, develop their skills and achieve their personal best. Activity challenges include:

ATHLETICS

CRICKET

GYMNASTICS

TRI-GOLF

BOCCIA

FOOTBALL

TENNIS

Flexible and adaptable games that can be completed at home or in school.

- Read the instructions for each challenge in the following pages.
- Practice and improve before you record your scores.
- Once you feel confident, record your score using guidance on the pages
- Instruction videos are available via the link at the bottom of each page
- The School Games is for everyone, for adaptations please contact your local SGO. (Contact details at the end.)



www.leapwithus.org.uk/bucks-mk-virtual-school-games

GYMNASTICS

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EQUIPMENT

Make sure you have a safe space to work in, with plenty of room for the skills you choose.

SCORING

The sequences will be judged on:

- Including all component skills
- Technique, posture and body tension
- Flow and Transition

TOP TIPS

- To keep it simple will help you keep your sequence controlled. If you want to challenge yourself add a turn jump into your sequence and connect a skill to it.
- Make sure you clear a space so you have room to perform the skills.

INSTRUCTIONS

- Try the gymnastics skills on the next page, think about control and tight bodies.
- Pick your favourite ones from each section.
- Make an 8 skill sequence, include 1 move from each section plus your favourite 3!
- Skills can be done in any order.
- Only include skills you are confident in and can perform with control and good technique.
- Lastly, think about the connections between skills, to make your sequence flow.



GYMNASTICS SUGGESTED SKILLS

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1. Shapes



Straight



Star



Tuck



Pike



Squat



Straddle



Dish



Arch



Front Support



Back Support

2. Balances



Stork balance



Needle Scale



V sit tuck hold



Shoulder stand



Y balance



Arabesque



Bunny hops along the floor



Cartwheel



Handstand

3. Flexibility



Japana



Splits

4. Jumps, turns and leaps



Jump take off & landing position



Straight jump



Star jump



Tuck jump



Straight jump
¼/½ or full turn



Split Leap



Stag Leap

5. Rolls



Log Roll



Egg Roll



Dish/Arch Roll



Teddy Bear Roll

To make your sequence choose 1 from each section, plus your 3 favourites.

Enter your best scores in the Virtual School Games competition

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Teachers and parents can enter the scores of young people in their care for any of the challenges via our online form.

The young people will then be in with the chance to win a School Games metal and virtual certificate.

To submit an entry for any of these resource challenges:
[please click here to complete the competition entry form.](#)

For additional games and challenges, video demonstrations, as well as Secondary level activities please visit: www.leapwithus.org.uk/bucks-mk-virtual-school-games



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These School Games activity resources have been developed by the network of School Games Organisers (SGOs) and collated and hosted by Leap.

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The School Games is for everyone, for adaptations to these activities, please contact your relevant School Games Organiser (SGO.)

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