

BELONG



SCHOOL GAMES

SUFFOLK
VIRTUAL COMPETITIONS

2020/21

Health Challenge

DATES 8th January – 15th January

TARGET AUDIENCE

These events are non-competitive but participation focused, targeting students who lack confidence but want to participate because they understand the benefits of physical activity.

YEAR GROUPS

This Challenge is open to all pupils and Staff or our Partnership schools.

WHERE

This Challenge has been designed to be used at home, supporting families during the current national lockdown.

LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.

SCHOOL GAMES

VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



Determination - Determination is about the journey you go on to push yourself and achieve your dreams.



Passion - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



Respect - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



Honesty - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



Self Belief - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork - Treating everybody equally, supporting each other and working together to achieve at your very best level.

CHALLENGE



For this health challenge, you will need to submit a picture or video of you cooking something healthy or eating a healthy meal. Each submission will get points for your school.

This Challenge has been created to reach out to our local children through their families directly but some schools may choose to collect entries.

Please watch the Video above which introduces the topic of 'Health' and gives children an idea of what Health really means.

Some Videos and Pictures will be used on social media to promote our Health Challenge, so please make us aware if you don't want your images shared with the public.

1 entry allowed per pupil.

SCORING

This Challenge is based purely on participation, for every picture or video submitted your school will be reward 1 point.

The Participation data will be reflected in a large and small schools table.

HOW TO ENTER

You can enter a number of ways, but all entries must include your School, Year and Name or initials.

Pictures / Videos can be sent to our Twitter or Facebook page @NorthSuffolkSG – Links below

Or

Send your entries into your PE teacher.

