



Summer Festival

The challenges:

SPEED BOUNCE

Time: 30 seconds

Task: Jump horizontally over an object (eg. speed bounce, cereal box)

Inclusive: Sit and swing legs over the object

Scoring: Each jump or swing over the object equals 1 point

CLAP & CATCH

Time: N/A

Task: Throw a ball, or any spherical object (eg. orange) high into the air. Upon release of the ball clap as many times as you can before catching it again.

Inclusive: Try it with a balloon!

Scoring: The number of times you clapped between throwing and catching on one occasion.

SHUTTLE RUN

Time: 1 minute

Task: Run between two cones / objects five meters apart

Inclusive: Move between the two objects in any way (eg. wheelchair)

Scoring: Each time you reach a cone/object, you score 1 point

TUESDAY 14TH JULY

JOIN US FROM 9.30AM ON OUR SOCIAL MEDIA CHANNELS FOR THE OPENING CEREMONY AND WARM-UP WITH TWEEDY! THE CHALLENGE VIDEOS WILL BE RELEASED SHORTLY AFTER. CHALLENGES CAN BE COMPLETED AT HOME OR SCHOOL. RESULTS SHOULD BE SUBMITTED TO YOUR SGO BY THE END OF THE DAY.

All videos will be released on the Gloucestershire School Games social media channels. Visit Twitter & Facebook: @glosschoolgames
Instagram: @gloucestershire_school_games



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