

# The virtual school games

Here is some more information.

## Challenge 1

In aid of Children's Mental Health Week, the first of these competitions is to create a dance. You should focus your dance around the theme of **'Express Yourself'**.

The routine should be **no more than 1 minute long** and should be videoed and emailed to [teacher@kingslandengland.hereford.sch.uk](mailto:teacher@kingslandengland.hereford.sch.uk) by **Tuesday 2nd February 2021**. Please indicate if you are happy for this to go onto Stride Active's social media pages. Be as creative as you wish!

Further information can be found here.

<https://strideactive.org/events/virtual-school-games-dance-competition/>

(Please email to the school address and not directly to Kieram as it says on the website)

## Challenge 2

The second of these events is **a rugby skills-based challenge**.

There are 3 parts to this with each one focusing on co-ordination, agility and balance.

The three tasks required to complete the challenge are the **'Figure of 8'**, **'Score a Try'** and the **'Pick up Put Down Challenge'**. Further information on how to co-ordinate these tasks is attached or can be found by following the 'strideactive' link below. Again, email your scores to [teacher@kingslandengland.hereford.sch.uk](mailto:teacher@kingslandengland.hereford.sch.uk) by **Tuesday 9th February 2021**.

<https://strideactive.org/events/virtual-school-games-rugby-competition/>

(Please email to the school address and not directly to Kieram as it says on the website)

All children in school are encouraged to take part in one or both of the activities. The more people that enter the greater chance of Kingsland School achieving **GOLD!** Please could you write **Virtual School Games** on the subject line on emails so they do not get mixed up with other submissions.

Many thanks and best of luck,

Miss Price