



The School Games aims to keep competitive sport at the heart of schools and provide more young people with the opportunity to compete and achieve their personal best. Normally, our School Games events consist of four unique types of competition: intra-school competitions, local inter-school competitions, county finals, and the School Games National Finals.

Usually we'd all come together at these events to share our talent and passion for sport and activities but unfortunately due to the Covid-19 pandemic, we're not able to at the moment.

On Friday 19 June, we're bringing the School Games to primary and secondary aged children across Northumberland and Tyne & Wear, from the comfort of their own home or school. We'll have a number of different challenges going live on our YouTube Channel across the day - [click here to subscribe](#).

Challenges will include ball skills, creative dance and fitness activities. There won't be much equipment required, and items from around the home or classroom can be used too.

Remember to stay safe during the challenges - wear correct footwear and keep a drink handy to stay hydrated.

All challenges are designed to be carried out by an individual (no partner or teamwork and therefore adhering to social distancing guidelines) and we'd always recommend sanitising any equipment used both before and after the session.

Wherever possible we're encouraging parents, carers and teachers to film the children doing the challenges and share them with us on our Tyne & Wear Sport and Northumberland Sport social media pages using #VSG20. The best challenges of the day will win an Amazon voucher for their family or school!

Virtual School Games 2020 - Running Order

Make sure you're following our social media pages or have subscribed to our YouTube channel to see our challenges as they're posted throughout the day!

10:00am - Opening ceremony

Introduced by a famous sporting star with some brilliant motivational and inspiring anecdotes to kick start the day

10.15am - Good luck messages

We'll be showing a whole host of good luck messages from some well-know sporting stars as well as some familiar faces.

10.30am – Fitness with [Andrew Pearson PT](#)

A range of fitness challenges for both primary and secondary ages from personal trainer Andrew Pearson including balance and coordination activities.

11.00am – Ball skills with [Cramlington United](#) and [Andrew Cartwright Football Coaching](#)

Skills for both primary and secondary level from Cramlington United and Andrew Cartwright Football Coaching including changing direction whilst throwing and catching a ball, bouncing and running with a ball, dribbling a ball around cones, bounce-kick-catch drills, and knee-kick-catch drills.

11.30am – Cheerleading, Dance and Parkour with [North East Cheer](#) and [The Urban Factory](#)

Cheer challenge for all levels including putting your own routine together from a variety of moves demonstrated, and various dance challenges for all levels including a fun plank challenge to the 'cha cha slide'. Parkour bodyweight challenges suitable for secondary level only.

12.00pm – [The Daily Mile](#)

A Daily Mile update and message from Daily Mile Ambassador Eliud Kipchoge

12.15pm – [Garden Games](#)

A compilation of fun exercises and workouts using household items, to try at home or school.

12.30pm – Lunchtime Mascot Challenge

We want participants to create their very own Virtual School Games Mascot. They can draw, paint, use arts and crafts - whatever they like! Older children may even want to write a message to go with theirs, perhaps a slogan like 'Always try your best'. Once they're finished, share them with us over at #VSG20 and the best idea will receive a prize.

1.00pm – Ball Skills with [Morpeth Hockey](#) and [Morpeth Cricket Clubs](#), and [Cramlington Tennis Club](#)

A range of hockey, cricket and tennis challenges for both primary and secondary levels including changing direction with the ball using the hockey stick, turning to catch the ball from behind and volleying the ball with the bat or racquet.

1.30pm – Ball Skills with [Newcastle Vikings Handball](#) and [Blyth RFC](#)

Various ball skills including passing and catching with the same hand, passing from one hand to another, a figure of eight pass between the legs and passing the ball around the body.

2.00pm – Yoga Challenge with [Active Families NE](#)

Our final session of the day is a great cool down and post-activity stretch. In this challenge, you can spell out your name in Yoga postures. Suitable for both primary and secondary levels.

2.30pm – Closing ceremony

Closing speech from our star guest host. Remember, you can continue sharing your challenges with us by using #VSG20 on social media.

All of our videos will stay on our [YouTube channel](#) in case you missed them or want to try them again. Our team will then look through all of the videos submitted via social media and the winners will be announced w/c 29 June. They will receive an Amazon voucher for their family or school (depending on where they took part in the Virtual School Games). Be sure to keep an eye on our social media pages to see if it's you!