



Week commencing 15th June 2020

Tees Valley Virtual School Games Week

This week we would love our Primary & Secondary schools to get involved in the first Tees Valley Virtual School Games.

We know that school life might be a little bit different at the moment, but you can still compete to be Tees Valley champions in the “Tees Valley Virtual School Games”.

Take part alongside your friends and teammates from school, represent your district, and strive to be the very best that you can in this very special, virtual competition.

During the School Games Finals week, 15th June to 18th June, Tees Valley Sport will be launching 8 different challenges for you to complete which can be done from the living room, garden, driveway, yard, street or even school.

Each challenge will be available for the week. You can complete it as many times as you like before submitting your best scores in each challenge on www.teesvalleysport.co.uk/virtualschoolgames ahead of the deadline of the Friday deadline. Your score will be added to your school total, meaning that you can be part of your school team, and compete against all of the other schools in the county.

Your school’s total score will be calculated by taking the average of score submissions, so it doesn’t matter whether you are at a small school or a huge school. Young people’s scores will gain points for their school and their district in the overall leaderboards.

We want to see your videos and photos on our social media feeds, don’t worry you don’t have to share if you don’t want to. Keep your eye out for special prizes over the week as we watch the leaderboards for schools representing the Spirit of the Games and getting the most participants involved in each challenge.

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Activity
Challenge 1	<p>Standing Long Jump – 5 attempts to jump as far as you can from a standing position.</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-1/</p>	<p>Bucket-Ball – 30 seconds to get as many balls into a bucket as you can.</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-3/</p>	<p>The Shuttle Run – To collect 5 balls, one at a time, from a line and balance on top of a tin can in the fastest time you can.</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-5/</p>	<p>Agility Challenge – How many times can you complete the agility challenge in 1 minute?</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-7/</p>	<p>Try any activity from the week that you may not have had chance to do and don't forget to enter your result.</p>	<p>Use some of the skills you have learnt this week to try our Level Up Catch Game. You just a tennis ball or a pair of balled up socks.</p>
Challenge 2	<p>Speed Bounce – Count the number of jumps complete in 30 seconds (each jump and landing counts as one)</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-2/</p>	<p>Target Battle – 1 minute to hit as many targets as you can with the ball.</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-4/</p>	<p>Speed Pass – To throw and catch a ball with a partner as many times as you can within 1 minute.</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-6/</p>	<p>Bullseye – How many points can you score in 1 minute by hitting the target ?</p> <p>https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/challenge-8/</p>	<p>Try your favourite challenge and try to beat your Personal Best score.</p>	<p>Try to complete 5 in a row without dropping the ball in order to move up to the next level.</p>

Don't forget to tweet us @northfieldssp or send us how active you have been on our Facebook Page 'Stockton Schools Sport Partnership'.

#StayHomeStayActive

#StayInWorkOut

#GetTeesValleyActive

Stockton Northfield		Stockton Central Schools	This list will help schools and families identify which cluster they are in when entering their results on the Tees Valley Sport website. https://www.teesvalleysport.co.uk/young-people/school-games/virtual-school-games/
All Saints Academy	Priors Mill	Grangefield Academy	
Myton Park	Wynyard	Outwood Bishopsgarth	
St. Francis of Assisi	Wolviston	Hardwick Green Academy	
Whinstone Primary	St. Michael's Academy	Harrow Gate	
Barley Fields	OLMHR RC Primary	St. Marks	
Conyers School	St. John's the Evangelist RC	Whitehouse	
Kirklevington	St. Joseph's RC (Billingham)	Fairfield Primary	
Ingleby Mill	St. Joseph's RC (Norton)	Mill Lane Primary	
Layfield	St. Paul's RC Primary	Oxbridge Lane Primary	
Levendale	St. Patrick's Catholic College	The Oak Tree	
Yarm Primary	Christ the King	Ian Ramsey Academy	
Bader	St. Patrick's RC Primary (Thornaby)	Bowesfield	
Egglecliffe Secondary	St Therese of Lisieux	Hartburn	
	Thornaby Academy	Holy Trinity Rosehill	
Durham Lane	Harewood Primary	William Cassidi	
Egglecliffe CE	Mandale Mill	North Shore Academy	
Junction Farm	Thornaby CE	Frederick Natrass	
Preston Primary	Village Primary	Norton Primary	
St Mary's CE	Ingleby Manor	Tilery Primary	
The Links	Yarm School	Crooksbarne	
Northfield School	Teesside High	Rosebrook	
Bewley Primary		St. Johns the Baptist	
High Clarence		The Glebe	
Oakdene Primary		Our Lady St Bedes	
Roseberry Primary		St Cuthbert's	
Ash Trees Primary		St Gregory's	
Billingham South		St Patrick's RC, Fairfield	
Pentland		St Bede's	
		Red House	

Weekend Activity

MISSION:

TRY TO COMPLETE 5 IN A ROW WITHOUT DROPPING THE BALL IN ORDER TO MOVE UP TO THE NEXT LEVEL.

FOR THE TOP RANK YOU NEED TO COMPLETE ALL LEVELS ON EASY (E) MEDIUM (M) AND HARD (H)

IF ITS TOO HARD FOR YOU THEN COMPLETE AT LEAST 1 BEFORE MOVING ON TO THE NEXT LEVEL.

GOOD LUCK!

LEVEL UP CATCH (YOU ONLY NEED A TENNIS BALL)



LEVEL 1: Throw in the air and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 2: Bounce and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 3: Throw in the air, clap and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 4: Bounce clap and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 5: Throw in the air, half turn and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 6: Throw in the air, full turn and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 7: Bounce, full turn and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 8: Throw in the air, touch the floor and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 9: Throw in the air, touch the floor, clap and catch.
E: 2 hands M: Best hand H: Other hand

LEVEL 10: Bounce, full turn, clap and catch.
E: 2 hands M: Best hand H: Other hand

RANK

1= FIELD MARSHAL

(Complete all levels on E, M, H with 5 in a row)



7= LIEUTENANT COLONEL

(Complete all levels on E with at least 1 success)



2= GENERAL

(Complete all levels on H with 5 in a row)



8= MAJOR

(Complete up to L8 on any difficulty)



3= LIEUTENANT GENERAL

(Complete all levels on M with 5 in a row)



9= CAPTAIN

(Complete up to L6 on any difficulty)



4= MAJOR GENERAL

(Complete all levels on E with 5 in a row)



10= LIEUTENANT

(Complete up to L4 on any difficulty)



5= BRIGADIER

(Complete all levels on H with at least 1 success)



11= 2ND LIEUTENANT

(Complete any 3 levels on any difficulty)



6= COLONEL

(Complete all levels on M with at least 1 success)



12= CADET

(Complete any level on any difficulty)

