**LRS School Games Virtual Summer Championships 2020**

**Melton & Belvoir need you!**

22nd - 26th June as part of National School Sport Week

You’ve had the chance to achieve your personal best and represent your school over the first 3 weeks of our Virtual School Games programme, now we need you to dig deep, get involved and represent the whole Melton & Belvoir area!

**Instructions for taking part:**

* Have a go at as many challenges as you can throughout the week to achieve your personal best
* Make sure you take part in at least one challenge per category (Highlighted in Blue)
* If you are taking part in the adapted challenges, you will need to complete 4 out of 5 of these
* Once you have achieved your personal best, record your scores using the scoresheet below
* Be sure to add your name and year group at the top
* Make sure you submit your completed scoresheet to your school by **INSERT DATE, TIME & METHOD**
* Unsure what to do? Click on the hyperlinks that will take you to a YouTube Video clip to explain each activity

Don’t forget to post pictures or videos of you taking part, we’d love to see how you’re getting on!

Twitter: @MeltonBelvoir

@LR\_Sport

Facebook:

**Virtual Summer Championships Score Sheet**

Name:

Class/Year Group:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ball Sports** | | | | |
| **Challenges🡪** | **Ball & Wall** | **Target** | **Speed Dribbling** | **30sec Shot Challenge** |
| **Video explanation**  *Hold Ctrl and click* | [Click Here](https://www.youtube.com/watch?v=V1clEcd6_Q8&list=PLR9pcM695fAzqdpX-y2w-dgV1E1K7_Jia&index=9&t=0s) | [Click Here](https://www.youtube.com/watch?v=9FG0UKW-bB0&list=PLR9pcM695fAzqdpX-y2w-dgV1E1K7_Jia&index=4) | [Click Here](https://www.youtube.com/watch?v=TmTm4gpLfXM&list=PLR9pcM695fAzqdpX-y2w-dgV1E1K7_Jia&index=2) | [Click Here](https://www.youtube.com/watch?v=lzQtjZO4LdA) |
| **Write your personal best score here 🡪** |  |  |  |  |
| **Total Attempts 🡪** |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Summer Sports** | | | |
| **Challenges🡪** | **Bat & Ball** | **Bat, Ball & Wall** | **Target Bowling** |
| **Video explanation**  *Hold Ctrl and click* | [Click Here](https://www.youtube.com/watch?v=SHjGywF8Omk) | [Click Here](https://www.youtube.com/watch?v=p-Z4aNaiMeQ&feature=emb_title) | [Click Here](https://www.youtube.com/watch?v=QvcfWoSr53A&list=PLR9pcM695fAzqdpX-y2w-dgV1E1K7_Jia&index=2&t=0s) |
| **Write your personal best score here 🡪** |  |  |  |
| **Total Attempts 🡪** |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Athletics** | | | |
| **Challenges🡪** | **Speed Bounce** | **Target** | **Standing Long Jump** |
| **Video explanation**  *Hold Ctrl and click* | [Click Here](https://www.youtube.com/watch?v=HsNn0vtt3TE&list=PLR9pcM695fAzqdpX-y2w-dgV1E1K7_Jia&index=8&t=0s) | [Click Here](https://www.youtube.com/watch?v=9FG0UKW-bB0&list=PLR9pcM695fAzqdpX-y2w-dgV1E1K7_Jia&index=4) | [Click Here](https://www.youtube.com/watch?v=VGGlYwiMuRE&feature=emb_logo) |
| **Write your personal best score here 🡪** |  |  |  |
| **Total Attempts 🡪** |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Inclusive Sports** | | |
| **Challenges🡪** | **Boccia Target** | **New Age Kurling Target** |
| **Video explanation**  *Hold Ctrl and click* | [Click Here](https://www.youtube.com/watch?time_continue=1&v=8NdOydHAc00&feature=emb_logo) | [Click Here](https://www.youtube.com/watch?v=lzorrRuFx2k&feature=emb_title) |
| **Write your personal best score here 🡪** |  |  |
| **Total Attempts 🡪** |  |  |

**OR, if you need to do the Adapted Sports Challenges we have set…**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Adapted Sports Challenges** | | | | | |
| **Challenges🡪** | Balloon Keepy Ups | Target | Bat & Ball  *(Balance)* | Throw or Catch | Boccia **OR** N.A.K |
| **Video explanation**  *Hold Ctrl and click* | [See info pack, page 7](https://www.lrsport.org/uploads/lrs-virtual-school-games-summer-champs-2020-info-pack-v2.pdf) | [See info pack, page 7](https://www.lrsport.org/uploads/lrs-virtual-school-games-summer-champs-2020-info-pack-v2.pdf) | [See info pack, page 7](https://www.lrsport.org/uploads/lrs-virtual-school-games-summer-champs-2020-info-pack-v2.pdf) | [See info pack, page 7](https://www.lrsport.org/uploads/lrs-virtual-school-games-summer-champs-2020-info-pack-v2.pdf) | [Boccia](https://www.youtube.com/watch?time_continue=1&v=8NdOydHAc00&feature=emb_logo)  [N.A.K](https://www.youtube.com/watch?v=lzorrRuFx2k&feature=emb_title) |
| **Write your personal best score here 🡪** |  |  |  |  |  |
| **Total Attempts 🡪** |  |  |  |  |  |

* **Once you have completed your scores in the tables above, please return this form by INSERT TIME, DATE & METHOD**

**GOOD LUCK!**