



ENDURO CHALLENGE

KS1, 2 & 3

Teacher Guidance

Team

Team Size: 6- smaller teams are possible but only **teams of 6** will be counted in the Berkshire Virtual School Games Competition.

There is now no gender split required

A school may enter any number of teams.



The Challenge

This week we have set a different style of challenge. Instead of 3 levels per age group there is just one 'race' per age group. We advise that pupils only take part in the 'race' for their specific age group.

Pupils should ensure they warm up and stretch prior to activity. Pupils should practice each individual element before attempting a 'race'. We have suggested that they attempt the race three times but rest for at least 4 or 5 minutes between each attempt or they attempt the race over several days to improve fitness.

Full Guidance Notes can be found [here](#):

Implementation

1. Identify teams of six and inform pupils of their teams.
2. Send out Activity Card to pupils asking them to practice the challenges through the week.
3. You may wish to explain a little more detail about accessing the videos and guidance from the activity card. You might also like to highlight the adaptations available.
4. Remind them that it is important quality of sportsmanship to be honest and do their best. Taking part is the most important element.
5. Ask them to submit their best times to you by **3pm on Friday 19th June** or earlier if you prefer.
6. Ensure they provide their best time to you. Fastest time is best..

Scoresheet

If you wish to compete in the Berkshire Virtual School Games make sure you have **signed up by 19th June**. You only need to sign up once for the whole series of events.

Please download the Enduro scoresheet from the [GBA website](#) and save it to include your full school name. If you have a commonly used school name e.g. St Mary's please also include your SGO area. **The scoresheet now allows you to input upto 3 age groups per school on one document.**

Collate and input the results submitted by your pupils, send your compiled results to schoolgames@getberkshireactive.org by noon 22nd June..

Spirit of the Games

As always we expect all to observe the Spirit of the Games values. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating"- Sophocles

Virtual
SCHOOL
GAMES

