LEICESTER-SHIRE & RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING

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Dear Parent / Guardian,

On Friday 26th June 2020, Uppingham School Sports Centre was due to host this year's **Leicester-Shire & Rutland School Games Summer Championships**. This is one of the biggest primary school sport events of the year, with over 1,000 children from over 100 schools across the county representing their School Sport & Physical Activity Network (SSPAN) in a range of sports and competitions.

Unfortunately, this year, the coronavirus pandemic has forced the cancellation of the event, but we are excited to announce that we will be now running our first ever **"Virtual School Games Summer Championships"** in its place.

This new and innovative virtual event will give even more young people the opportunity to participate and represent their school in this interactive county-wide competition, as the challenges taking place will be open to all and accessible whether you are taking part individually at home, or if you are now back in a school environment.

Launching on **Monday 22nd June** (the start of National School Sport Week) and running throughout the week, young people will be able to take part in the challenges and upload their scores at any time during the week. Simply choose **ONE** of the **HiFIVE challenges** from the resource for **each of the 4 sports categories***, record and submit your score on our website (https://www.lrsport.org/hifive-challenges) and (if you wish) upload your photos and videos to social media. (Tagging @lrsport and using #VirtualSummerChamps)
**There are also adapted challenges available for those participants who require it.*

Between now and the **22nd June**, you will be able to access our **LRS Virtual Sports Challenges** document and **Information Pack** (*sent out by your school along with this letter or downloaded from the LRS website - https://www.lrsport.org/active-learning*) which will give you all of the information you need to take part, as well as lots of ideas to be practicing the challenges and sports involved so that you are ready to take part on the day.

Friday 26th June will be the culmination of the week. We will be starting the day with an Opening Ceremony and providing regular coverage via LRS social media platforms.

If you have not already done so during the week, you will have until **1pm** on **Friday 26th June** to choose **ONE** of the **HiFIVE challenges** from the resource**, for each of the 4 sports categories (*or 4 out of the 5 adapted challenges*)**, record and submit your score & upload any videos you choose to. If you have already participated earlier in the week, why not have a final go to beat your records and upload any new, better scores you achieve?

We will be collating all scores entered on the website and results will be announced at the end of the day on the 26th June. There will be awards for Individuals, Schools & SSPANs. These awards will celebrate both the engagement of children, as well as performance, and will also highlight the School Games Values.

Our aim is to encourage as many young people as possible to participate in this inaugural and innovative county-wide event, so please **GET INVOLVED!**

Thank you and **GOOD LUCK!**

Liam Drake
Sports Development Officer
Leicester-Shire & Rutland Sport



Leicester-Shire & Rutland Sport

Virtual School Games

Summer Championships 2020

LRS School Games Virtual Summer Championships

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- This year, we will be running our first ever **LRS School Games Virtual Summer Championships**
- We hope that this interactive County-wide event will allow lots of young people the opportunity to participate and represent their school and district as the events and challenges taking place will be open to all and accessible whether you are taking part on your own at home, competing with family in the garden or a local park or if you are now back in a school environment.
- Launching on **Monday 22nd June** (start of National School Sport Week) and running throughout the week, you will be able to take part in the challenges and upload your scores at any time during the week. *(Up until 1pm on Fri 26th)*
- This pack contains all of the information you will need to take part and more information can also be found on our website - *https://www.lrsport.org/active-learning*
- You can also access our **LRS Virtual Sports Challenges** document which will give you lots of ideas to be practicing the challenges and other sports activities so that you are ready to take part on the day.

LRS School Games Virtual Summer Championships

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- **Friday 26th June** will be the culmination of the week starting the day with an Opening Ceremony and coverage via LRS social media platforms.
- If you have not already done it during Mon – Thurs, you will have until 1pm on the 26th to **record and submit your scores & upload any social media videos.**
- If you have already participated earlier in the week, why not have a final go to beat your records and upload any new, better scores you achieve?
- Results will be announced at the end of the day and there will be awards for Individuals, Schools & SSPANS. These awards will celebrate engagement as well as performance and will also highlight the School Games Values.
- *(NB: Individual awards will be communicated directly to schools so young peoples' details are not shared publicly)*

- **GOOD LUCK EVERYONE!**



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LRS School Games Virtual Summer Championships

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- **How to take part…**

- There are 4 sports categories to complete *(Ball Sports, Summer Sports, Athletics & Inclusive Sports)*
- Simply **choose ONE of the HiFIVE challenges from the resource for each of the 4 sports categories, record and submit your scores on our website (https://www.lrsport.org/hifive-challenges)**
- *You can also view demonstration videos of the challenges via this website link too*
- If you wish - **upload your photos & videos to social media.** (With parental permission!)
- Remember to tag LRS and use #VirtualSummerChamps on any social media posts

- *NB: There are 5 "Adapted Challenges" for those participants who require this. (Pg 7)*

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Represent your local School Sport Partnership

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Whilst taking part in the School Games Virtual Summer Championships, you are representing your local district / School Sport Partnership as well as your school. If you want show your colours while you do this, simply wear clothing of the correct colour as outlined in the table below.

(Maybe you could wear a T-Shirt or a cap, or even make yourself something to wear!)

District / SSP Name	Colour
North Charnwood	PURPLE
South Charnwood	MAROON
East Leicester City	BLACK
West Leicester City	RED
Rutland	GREY
Melton & Belvoir	ROYAL BLUE
Blaby & Harborough	LIGHT GREEN
Oadby & Wigston	ORANGE
Hinckley & Bosworth	DARK GREEN
North West Leicestershire	SKY BLUE

LRS School Games Virtual Summer Championships

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Social Media coverage

If you want to share photos and videos of yourself taking part in the Virtual Summer Championships Challenges, you can do so via…

Twitter: @LR_Sport

Instagram: lr_sport_

Facebook: lrsport

#VirtualSummerChamps

Please make sure you get parental permission before taking any photos or videos and also prior to sharing them on social media.

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Adapted Sports Challenges

For participants who require it, see below the explanations of 5 adapted challenges to take part in and record your scores. *(If you wish to do this, choose 4 of the challenges below to submit scores for.)*

Balloon Keepy Ups: Using ANY part of your body, how many times can you keep a balloon in the air in 30secs?

Target: Seated if you wish. Set yourself some targets at various distances and see how many times you can hit those targets in 30secs by throwing or rolling items such as balls, bean bags or ball up socks at them.

Bat & Ball *(Balance)*: Holding a bat / racquet of some kind how long can you balance an item such as a ball or bean bag on the bat / racquet. In 30secs, your score is the total number of seconds the item remains balanced within that time period. If it falls off, put it back on and continue from where you were.

Throw or Catch: Set a target point on a wall and see how many times in 30secs you can hit it by throwing an item at it OR get someone to stand 2metres away from you and throw an item towards you. See how many times in 30secs you can catch it.

Boccia or New Age Kurling: See original challenge videos - *https://www.lrsport.org/hifive-challenges*