

## **Virtual School Games 2020**

Tyne and Wear Sport have released the information for Friday's big event and the running order is below. 'We'll have a number of different challenges going live on our Youtube Channel across the day...'

To access the link for YouTube please go to the TWS website at [www.tynewearsport.org/vsg20](http://www.tynewearsport.org/vsg20)

We hope families and students are able to get involved at home or at 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-known 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 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, Blyth RFC and Cramlington Rockets**

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 out on social media pages to see if it's you!