



## #DevonVirtualGames

### SEND Indoor Rowing Competition

**Opens:** 10am, Monday 14<sup>th</sup> September 2020

**Closes:** 5pm, Monday 23<sup>rd</sup> November 2020

Welcome to the Devon Virtual Games Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Autumn term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The Autumn term series will run from the 14<sup>th</sup> September 2020 – 11<sup>th</sup> December 2020 with five different events for you to enter. Schools and home-schooled individuals will be able to submit their entries via an online link. Each competition will be open for a limited amount of time as detailed below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

#### **Brief Description of the Event:**

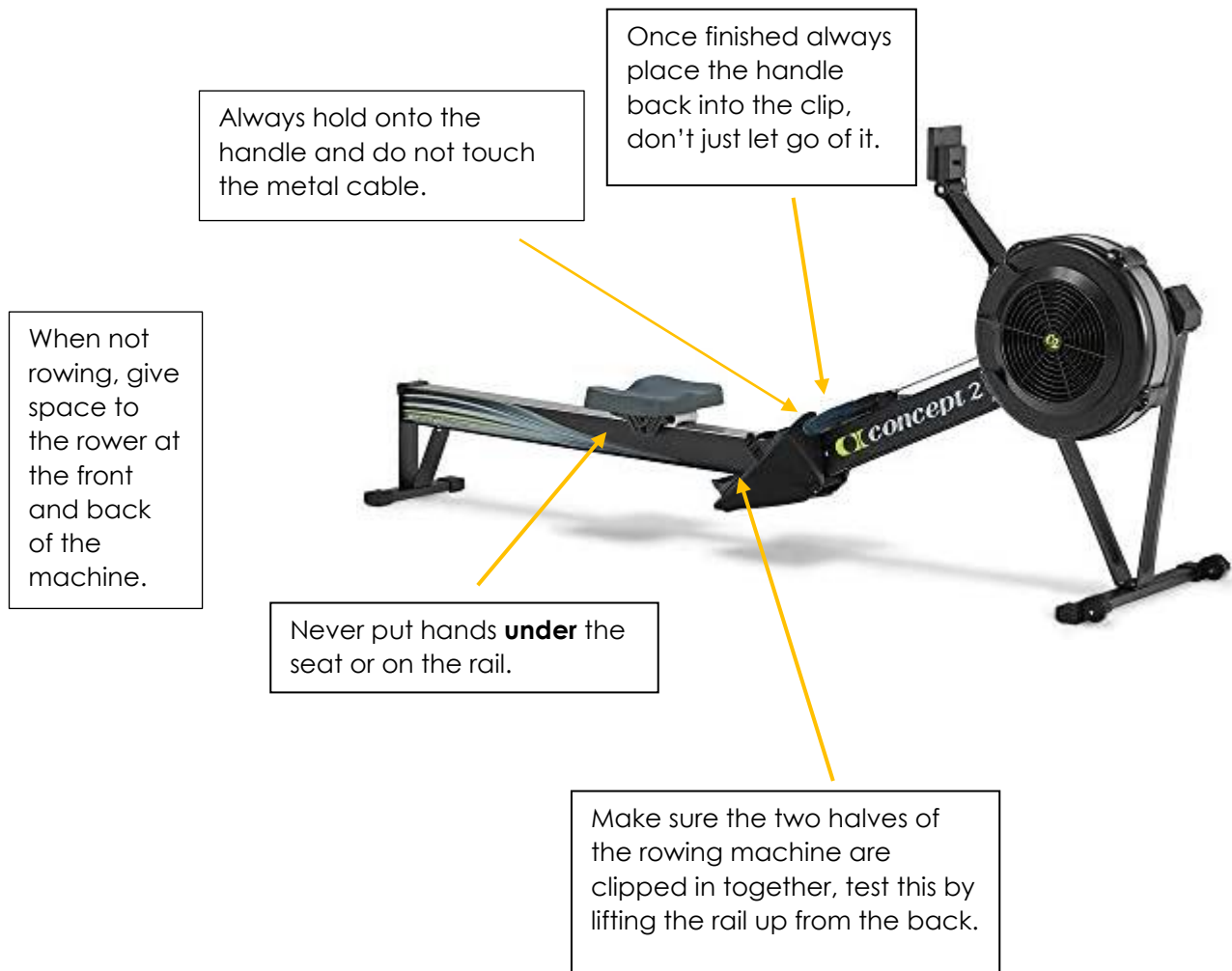
Indoor Rowing is a very popular event that uses the same technique as rowing outdoors. It tests your strength as well as stamina. This competition can be done at home (if you have a rowing machine) or in school. Please make sure you are familiar with the technique of rowing and make sure the machine is safe to use as demonstrated in the video below.

You can choose the time that is best for you. They are:

- READY: 2 Minutes
- GET SET: 4 Minutes
- GO: 6 Minutes

This challenge is about “celebrating achievements” and you should try to do this challenge at least three times, recording your distance each time.

## Safety:



To see the correct technique of rowing, please watch the videos below

[https://www.youtube.com/watch?v=H0r\\_ZPXJLtq](https://www.youtube.com/watch?v=H0r_ZPXJLtq)

<https://www.concept2.com/indoor-rowers/training/technique-videos>

## Before You Start:

- Do a light warm up to make sure that your body is ready for the challenge
- Set the rowing machine to the time you are going to do and make sure you can see the distance
- Have the score sheet below with you to record your distance. You will need an adult to supervise and confirm your distance.
- Have a drink ready!

## Enter Your Results Online

### School Staff

The entry process will be done via this [online form](#). Entries close at **5pm Monday 23rd November 2020**.

### Home Schooled and Lockdown Students

The entry process will be done via this [online form](#). Entries close at **5pm Monday 23rd November 2020**.

## Prizes:

- Everyone who takes part will receive a READY, GET SET or GO certificate.

## Contacts:

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - [annabel.white@paigntonacademy.org](mailto:annabel.white@paigntonacademy.org)

Plymouth SGO - Hayley Jarvis - [h.jarvis@sjhcsc.co.uk](mailto:h.jarvis@sjhcsc.co.uk)

Plymouth SGO - J. Gilbert - [j.gilbert@sjhcsc.co.uk](mailto:j.gilbert@sjhcsc.co.uk)

South Hams & West Devon SGO - Jeanette Green - [jegreen@ivybridge.devon.sch.uk](mailto:jegreen@ivybridge.devon.sch.uk)

East Devon SGO - Kevin Moran - [kmoran@thekings.devon.sch.uk](mailto:kmoran@thekings.devon.sch.uk)

Exeter & Mid Devon SGO - Nick Gillard - [mr.gillard@st-lukes.devon.sch.uk](mailto:mr.gillard@st-lukes.devon.sch.uk)

North Devon SGO - Steph Colwill - [scolwill@gts.devon.sch.uk](mailto:scolwill@gts.devon.sch.uk)

South Dartmoor SGO - Tammi Lethbridge - [t lethbridge@southdartmoor.devon.sch.uk](mailto:t lethbridge@southdartmoor.devon.sch.uk)

## Social Media:

Why not share your achievements with us on social media using the

### #DevonVirtualGames:

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram – @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#). You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

**Scoresheet:**

School Name .....

Participant Name	Participant Year Group	Best Distance (M)