



## **SEND Walk – Wheel – Run – Scoot – Cycle or Be Pushed 'Celebrating Improvement' Competition**

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

**Closes:** 5pm, Friday 4<sup>th</sup> December 2020

### **Overview**

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:**

This event can be done in any way you want. You can walk, jog, run, scoot, cycle or be pushed. You choose as it is your challenge. You can get help with this from your parent(s), carer, OT, or Physiotherapist. It is about covering as far as you can in a set time, and seeing how much further you can do it at the same time, as you practice and get fitter. You have over a month to practice and improve!

- You can measure your distance in any way: GPS, Garmin, Strava, how many lamp posts, markings on a school field or playground, laps of your block...whatever is best for you but you must use that every time you want to measure your improvement.
- You choose one of the following times to work on:
  - READY - 4 Minutes
  - GET SET - 6 Minutes
  - GO - 12 Minutes
- This challenge is about “Celebrating Improvement” and should be done at least three times with the scores being recorded each time.

Competitions can be delivered at home or in school and can be completed whilst social distancing.

### **Before You Start:**

You will need:

- A suitable safe open space.
- Your parent(s), carer or teacher can help you decide the level you are going to attempt.
- Decide how you are going to measure and record your distance.
- Have a stopwatch to time yourself and a pen to record.

### **Teaching Points:**

- Warm up before starting and cool down / stretch after
- Remember to have a drink of water available

### **Enter Your Results Online**

#### **School Staff**

The entry process will be done via this [online form](#) to submit the number of children that have taken part. Entries close at **5pm Friday 4<sup>th</sup> December 2020**.

#### **Home Schooled and Lockdown Students**

The entry process will be done via this [online form](#). Entries close at **5pm Friday 4<sup>th</sup> December 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](#).

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'Celebrating Improvement' Competition**

**Entry Deadline: 5pm Friday 4<sup>th</sup> December 2020**

For use in school or at home

<b>Name of School:</b>					
<b>Name of Participant</b>	<b>Year Group</b>	<b>Trial 1 (in metres)</b>	<b>Trial 2 (in metres)</b>	<b>Trial 3 (in metres)</b>	<b>Best (in metres)</b>