



# Cornwall Virtual School Games - #CornwallVSG2020

Monday 22<sup>nd</sup> - Friday 26<sup>th</sup> June 2020

## Programme for the week.....

|                            |        |  |
|----------------------------|--------|--|
| Monday 22 <sup>nd</sup>    | 10am:  | Opening Ceremony Video<br>Athletics challenges and Making Up The Miles Day 1 begins      |
|                            | 12pm:  | 5 Ways To Wellbeing – Keep Learning Video released                                       |
| Tuesday 23 <sup>rd</sup>   | 9am    | Deadline for Athletics and Making Up the Miles results                                   |
|                            | 10am   | Bowls and Boccia challenges begin, Making Up The Miles Day 2                             |
|                            | 12pm   | 5 Ways to Wellbeing – Get Active Video released  |
| Wednesday 24 <sup>th</sup> | 9am    | Deadline for Bowls, Boccia and Making Up the Miles results                               |
|                            | 10am   | Dance and Gymnastics Challenges begin, Making Up The Miles Day 3                         |
|                            | 12pm   | 5 Ways to Wellbeing – Connect Video released   |
| Thursday 25 <sup>th</sup>  | 9am    | Deadline for Dance, Gymnastics and Making Up The Miles results                           |
|                            | 10am   | Ball Skills challenges begin, Making Up The Miles Day 4                                  |
|                            | 12pm   | 5 Ways to Wellbeing – Give video released  |
| Friday 26 <sup>th</sup>    | 9am    | Deadline for Balls Skills and Making Up The Miles results                                |
|                            | 10am   | Tennis challenges begin, Making Up The Miles Day 5                                       |
|                            | 11am   | 5 Ways to Wellbeing – Take Notice video released   |
|                            | 12pm   | Athletics results announced  |
|                            | 1pm    | Bowls and Boccia results announced   |
|                            | 2pm    | Gymnastics and Dance results announced   |
|                            | 3pm    | Ball Skills results announced  |
|                            | 4pm    | Deadline for Tennis and Making Up The Miles Day 5 results                                |
|                            | 4pm    | Cultural Games results announced   |
|                            | 5pm    | Tennis results announced   |
|                            | 5.30pm | Making Up The Miles results Announced  |
|                            | 6pm    | Overall Gold, Silver, Bronze School Winners announced<br>Closing Ceremony video released |



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**EXETER**



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



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## Good to know information.....



- Opening and Closing Ceremony Videos will be released via [Facebook](#) and [YouTube](#)
- Each day's challenges will begin at 10am with an email sent to all schools registered
- Results must be submitted by 9am the following day on the specific day's link, with exception of Tennis which is 4pm on Friday. Making Up The Miles results should be submitted daily.
- Results on Friday will be announced on [Facebook](#) alongside being posted on the [Active Cornwall](#) website (see timetable) and where relevant emailed to schools.
- Only one person needs to have registered the school to take part, not individuals
- Results links can be completed via teacher, pupils or parent depending on the schools choice
- When submitting results you will be asked to allocate the bonus points if applicable
  - 1 point for every family member and year group teacher who tries the challenge
  - 1 point for completing it in fancy dress
  - 1 point for a video sent to the school or speaking to a teacher if in school telling them how you have engaged with one of the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning & Give
- Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games - **Use of Social media is NOT compulsory to earn Bonus Points and all schools need to adhere to their own policies and practices with social media.**
- No results will be accepted after the deadlines
- Scoring system is on each individual activity card
- You can only submit one result per challenge – but practice as much as you wish!
- Most importantly have fun and be innovative to engage with pupils.





Click the links to access  
challenge card & video!

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Monday

Athletics

Speed Bounce  
[Click Here!](#)

Standing High Jump  
[Click Here!](#)

Standing Long Jump  
[Click Here!](#)

Mondays Result Link  
[Click Here!](#)

Tuesday

Bowls / Boccia

Knock'em Down  
[Click Here!](#)

The Target  
[Click Here!](#)

Tuesdays Results Link  
[Click Here!](#)

ALL WEEK:

Making up the Miles  
[Click Here!](#)

MUTM Results Submit via Daily Link

Wednesday

Dance / Gymnastics

Hip Hop  
[Click Here!](#)

A Sequence  
[Click Here!](#)

Wednesdays Results Link  
[Click Here!](#)

Thursday

Volleyball

The Serve  
[Click Here!](#)

Hot Potato  
[Click Here!](#)

Flick & Catch  
[Click Here!](#)

Thursdays Results Link  
[Click Here!](#)

Friday

Tennis

Continuous Rally  
[Click Here!](#)

Continuous Volley  
[Click Here!](#)

Target Shooting  
[Click Here!](#)

Fridays Results Link  
[Click Here!](#)