

# Schools Virtual Competition

Ages: R Y1/2, Y3/4, Y5/6



While the schools are closed, Cannock & Rugeley are running virtual sports competitions that children can enter and represent their school from home!

The competitions are designed to be really simple and require very little equipment to take part.

## Competition week 4: Shuttle Run Challenge

This week we have a shuttle Challenge.

How fast can you run 40 metres in a shuttle run?

## Shuttle Run Challenge



Put down 2 markers and measure 5 metres between them. Run from the start cone to the other cone and back 4 times so the total run is 40 metres. Time how long it takes.

Record your personal best time and then try and beat it.

To represent your school and enter this competition:

Email Tom the School Games Organiser directly at

[trowell@suacademy.co.uk](mailto:trowell@suacademy.co.uk)

**CLOSING DATE IS Friday 15th May**

Include your child's first name, year group, school and their best time. Please feel free to include photos and videos of the challenge or enter the competition and keep up to date by following Staffordshire University Academy School Games Facebook Page

