

Hello everyone! As we enter the final week of this half-term, we bring you news from the **Virtual School Games**, a Cambridgeshire-wide event coordinated by Cambridge Schools' Sports Partnership (CSSP) and Living Sport. You may remember the tennis and netball challenges from a few weeks ago. Here are more fun challenges for the weeks ahead! All the information you need for this event can be found on our website and attached to this newsletter.

This week - Daily Cricket Challenges

Catching
Head, Shoulders, knees, toes, catch.
Throw a ball up in the air and touch different body parts before catching the ball. Watch the first part of the video below to help
<https://www.youtube.com/watch?v=1pUUVjUd0I>
or you can download the activity card at the bottom of this page called cool catcher individual challenge <https://bit.ly/C19WC>

This week, Cricket East have set some excellent **daily cricket challenges** (attached - also released on Twitter each day at 10am). These include batting, bowling, catching, fielding and game activities, each one sitting alongside a cross curricular challenge including English, maths, design, research or writing. Prizes can be won for the school with the most video/photograph entries (£50 sports voucher) as well as a prizes for children with the best entries - just send any photos or videos to cheron@netherhallschool.org or on Twitter [@CambridgeSSP](https://twitter.com/CambridgeSSP).



From Monday, 1st June - Athletics Challenge Week



The week after half term, starting 1st June, is **Athletics Challenge Week**. A Pentathlon challenge has been set - 5 athletics style events to complete at school or home for all age groups along with some cross curricular activities. The athletics challenges are attached along with a letter so you can be prepared to start after half term! The five events will be:

1. **Speed Bounce**: Find something low and soft to jump over such as a piece of rope or empty cereal box. Stand sideways with 2 feet together. How many times can you jump over the obstacle in 30 seconds keeping both feet together?
2. **Feed the Animals**: Find 5 big pictures of animals from the internet or magazine. Place them at different distances from you. Find 10 objects to throw. Feed the animals by throwing the objects to land on the pictures. Decide on a scoring system, and try different ways of throwing.
3. **Run and Collect**: Place 5 items around the house or garden such as socks, balls, toys etc. Start a time and go and collect 1 object then bring it back to where you started. Then go and collect another object and bring it back. Repeat until you have all 5 objects. Stop the timer. Can you beat your time or challenge someone else to beat it?
4. **Throw Golf**: You need 5 targets e.g. hoops or cardboard placed around the house or garden and 1 item to throw with; a beanbag or cuddly toy. From your starting 'tee', how many throws does it take to reach your first target? From there throw to all targets in turn and add up your score Can you beat your score?
5. **Long Jump**: Place a marker on the ground such as a piece of a paper, or a twig, and stand behind it. With feet together, jump as far as you can landing on both feet. Place another marker on the ground at the back of your heels. Can you jump further next time? Now it is time to compete in a Pentathlon. Perform all of the 5 activities.

To be in the prize draw, send your photos or videos by any of these social media:

Living Sport: schoolgames@livingsport.co.uk

Cath Heron: cheron@netherhallschool.org

Cambs & P'boro School Games - [@Cambspborosg](https://twitter.com/Cambspborosg)

Cambridge SSP - [@CambridgeSSP](https://twitter.com/CambridgeSSP)

That's about all for this week. We hope you are able to have fun participating in some of these activities and maybe winning some prizes at the same time! All the best to you and your families.

Mr. Fisher