

Virtual School Games - Equipment list

Challenges are adaptable and the kit list suggested for each challenge below can easily be changed to suit what schools/families have readily available to them. I.e. where it says something to jump over that could simply be a line marked on the floor using a badminton/netball court line, or rugby ball - could also be done with any other type of ball.

10.30am Fitness with Andrew Pearson PT

Cones/markers

Hurdle/something to jump over – even a skipping rope/ruler/line on the floor will do

Hand held weights/bean bags/tennis-sized balls (for wheelchair users)

11.00am Ball skills with Cramlington United and Andrew Cartwright Football Coaching

Cones/markers

Ball suitable for bouncing, kicking and dribbling

11.30am Cheerleading, Dance and Parkour with North East Cheer and The Urban Factory

Mat

12.15pm Garden Games

Small ball i.e. tennis ball to pass against a wall

Bean bag/small ball to catch

Cones/something stackable

12.30pm Lunchtime Mascot Challenge

Anything arts/crafts to create a drawing/picture/model of a mascot

1.00pm Ball Skills with Morpeth Hockey and Morpeth Cricket Clubs, and Cramlington Tennis Club

Hockey stick and ball

Cricket bat and ball

Tennis racquet and ball

1.30pm Ball Skills with Newcastle Vikings Handball and Blyth RFC

Small ball/beanbag

Something to aim at e.g. cone/beanbag

Rugby ball

2.00pm Yoga Challenge with Active Families NE

Mat