

ME vs ME Challenge

We had the pleasure of delivering our Sporting Superstars Challenge to your child's class recently, hopefully they came home and told you all about it and showed you the wristband they were awarded on the day!

The children were put into teams representing Olympic countries and everyone completed a "circuit" of 6 athletic challenges (Speed Bounce, Shuttle Run, Target Throw, Chest Push, Standing Long Jump and the Hoop Challenge) with each athlete participating in each event recording their personal best score.

We will be visiting the school again before the end of the half term to run the challenges again, but this time the challenge is for the children to try and beat their own score from today – the Me vs Me Challenge!

At the end of each lesson we will present our special fabric Me vs Me Challenge wristbands to everyone in the class. Anyone who beat their first score will get gold, and anyone who didn't quite manage to beat their first score will get silver.

We will also present medals, not to those with the highest scores, but to those who have **improved the most**. An additional special Spirit of the Games medal will also be presented to the child who has most demonstrated the School Games values as detailed at the bottom of the page.

Over the next few weeks, before we come for our second visit, we have encouraged the children to practice the different challenges as much as possible and detailed below are demonstration videos of each challenge so that your child can practice over the next couple of weeks and hopefully improve their score. Our aim is for every child to get gold!

- <https://youtu.be/AI0P7p4z7Oc-> All six challenges in one video
- <https://youtu.be/5MVYO0ieqtk> Chest Push
- <https://youtu.be/dT6kyuMEz24> Hoop Challenge
- <https://youtu.be/oxx8GkHmOXQ> Shuttle Run
- <https://youtu.be/tqf5r60U5kU> Target Throw
- <https://youtu.be/F04wr7a9Bb4> Speed Bounce
- <https://youtu.be/dN1EbFRs91E> Standing Long Jump

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