

VIRTUAL Fitness Challenge

This event is open to all individuals in Years 7 -9 and focusses on the most improved . It is made up of 5 separate individual fitness challenges that are repeated twice over time

You need to record your score for each fitness challenge each time you take part.

Individual results need to be added to the teacher result sheet . The most improved boy and most improved girl from each year group 7- 9 results will be submitted



This challenge is linked to the School Games value of Determination

How can you demonstrate Determination throughout this challenge?

Just keep going even if you think you cant do it. Never give up. And give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to others in your class the event
- Teach another member of your class how to take part in this activity and challenge them to a mini competition

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