



Battle of the Black Country

National School Sports Week 22nd – 26th June 2020

As there is no Black Country School games this year, your Black Country SGO's have come together to bring you a virtual National School Sports week.

We will have 2 Virtual Challenge's running throughout the week:

Personal Challenge

This consists of 5 individual activities

- Speed Bounce
- Skipping
- Rebound Catch
- Star Jumps
- Standing Long Jump

Virtual Tri Golf

This consists of 5 Tri Golf challenges that can be done with or without Tri Golf equipment, easily have a go at home.

Scoring System

2 points per entry!

Top 10 scores for each activity!

1st = 20 points

2nd = 18 points

3rd = 16 point

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Earn points for your School and Borough, simply by having a go and entering your score!
There are big points available for people who manage to break into the 10 of the Black Country!

Make sure you enter your scores into the **GOOGLE FORMS** Virtual Scoresheets!

Who will come out on top???

DUDLEY - SANDWELL - WALSALL - WOLVERHAMPTON

There will be an activity card and example video for every challenge to make it easy for every to take part whether they are at home or back in school.