

School Games Virtual Challenges News

The Rainbow Run 19th June

Following on from the virtual challenges (still one to come after half term - Netball) we are now trying to get everyone active by taking part in our 'Rainbow Run' later next month as part of the School Games. On Friday 19th June we would like as many people to come together via photos and videos and run (whatever distance you can) in as many different colours, and video yourself doing so.

Below is a link for a video to explain how everyone can get involved. The idea is fairly simple, get active and run, in as many colours as possible!! At home, in the garden, down the street, whatever works!!!! As many people, as many colours all on the same day!!

<https://youtu.be/wKP-asTLZ4Y>

Once anyone has completed the rainbow run they can submit the video via any of the social media platforms by tagging Norfolk School Games in your post. You'll also need to include your school name and year group so we know which school has taken part.

Email - schoolgames@activenorfolk.org
For Instagram use @norfolkschoolgames

For Twitter use @westnorfolkssp and @norfolkschgames

For Tiktok use @norfolkschoolgames

..and for Facebook entries please post directly onto the Norfolk School Games Facebook Page.

We look forward to seeing lots of entries from West Norfolk, just as we have for the virtual challenges.

Mrs Henden and the School Sports Partnership.