



At 9.15am on **Monday 27 April**, the 'Virtual' Opening Ceremony will take place on social media for the Specsavers 'Virtual' Sussex School Games, kicking off a term of sporting challenges giving children across Sussex the chance to represent their schools alongside their friends and classmates, and compete to be Sussex champions.

In this document, you will find all of the information about how the competition will work, the prizes up for grabs, and how to get involved.

Teachers- please do share this information with parents, and parents- please share this information with your children's schools too, and let's keep sporting competition open and available for young people across the county.

**THE SPECSAVERS
'VIRTUAL'
SUSSEX SCHOOL GAMES
2020**

How Does It Work?

Every week throughout the summer term, a different sport will take place, made up of four personal sporting challenges which can be completed from home; in the living room, kitchen or garden, or at school.

Scores for each challenge will be submitted online, and will contribute towards the school's average score, so it doesn't matter whether you are a big school or small school.

Gold, silver and bronze medals will be awarded to the best scoring schools in each sport, with separate Primary and Secondary competitions. There will also be an Active Adults category with trophies up for grabs, so parents, teachers and carers can get involved and represent the school too.

As well as medals in individual sports, overall leaderboards will be kept, and overall Sussex Champions crowned at the end of the summer term.

A new sport, and its four challenges, will be published at 9.30am on a Monday morning, on www.sussexschoolgames.co.uk, on social media, and sent directly to those [signed up to the mailing list](#).

Participants have until midday on Friday to submit their scores, and leaderboards will be published later that day.

Adaptations for Space, Equipment and Inclusivity

Participants will have differing space and equipment available, and each challenge comes with some example adaptations which can be made where necessary. Creativity and problem solving is encouraged throughout, to make sure that as many people can get involved in the competition as possible.

There are also some example adaptations for people with disabilities, to ensure that sports are inclusive and accessible for everybody.

Get Involved

It all kicks off at 9.15am on **Monday 27 April** with the 'Virtual' Opening Ceremony on social media, and the launch of the first sport.

Anybody can take part, and whilst there is no 'official' sign-up required, we would encourage you to [sign-up to the mailing list](#) to get updates, challenges and results sent to you directly, and also to follow on social media to help spread the word.

Twitter: [@SussexSchGames](#)

Facebook: [Specsavers Sussex School Games](#)

Instagram: [@SussexSchGames](#)

TikTok: [@SussexSchGames](#)

Leaderboards

There are lots of ways to win with the Specsavers 'Virtual' Sussex School Games. We have overall leaderboards for Primary Schools, Secondary Schools and Active Adults running throughout the Summer Term, as well as weekly leaderboards for each individual sport.

In addition, there is also the overall School Games Area leaderboard, so as well as representing your school, you'll be representing your local area team.

Spirit of the Games

Ultimately, the objective of the Specsavers 'Virtual' Sussex School Games is to keep as many children as possible active during this period, and to help them benefit from the physical, mental and social positives that representing your school team can bring.

We need the help of schools and parents to get as many children engaged as possible, and will be awarding special 'Spirit of the Games' awards to the schools who are getting the most people up and active.

Training Prizes

Practice makes perfect, so participants are encouraged to train and improve each week to be the best that they can be.

As a bit of extra-motivation, each Monday we'll be setting a new training challenge alongside the sporting competition, with the chance to win a £50 Amazon voucher as a prize.

Participants simply need to upload their training videos and pictures to Twitter, Facebook, Instagram and TikTok, and include the hashtag #SussexSchGames, and a weekly winner will be selected at random. These can be posted from a parent's or school's account.

Children Without Internet Access

Not all children have access to the internet, so there will be a printable pack available for each sport which teachers/carers can pass on. There will be a hardcopy of a scorecard in these packs to record scores, which can be transferred to the online form by somebody with internet access before the 12pm Friday deadline.