

THE VITS VIRTUAL SPORTS CHALLENGES 2021



THE VITS SCHOOL

The VITS Virtual Sports Challenges 2021

POWERED BY : THE VITS SCHOOL SATNA (M.P.)

What is The VITS Virtual Sports Challenges-2021?

The VITS Virtual Sports Challenges –2021 is an opportunity to take on a series of physical activity challenges and compete for your class against the other classes in your team (Class-4,5,6,7,8,9,10) for fun, certificates and the overall victory in the competition. We want to get as many people to get involved as possible during the event days and for you and your adults at home to submit your results using Google Forms.

- **There are 10 challenges (events) which you can complete throughout the event days.**
- **You can practice and perform your activity challenges as many times as you want, but are only allowed to submit one entry per activity/event (your best result).**
- **You do not have to perform the activities in order or on one day but the aim is to complete as many as possible throughout the activity date & time period.**
- **Some activities are about how long you can do something.**
- **Some activities are about the maximum number you can do.**
- **Each submitted entry contributes points to your class score.**
- **There are points and certificates for the top performances in each year group along with a chance to share your fun and inspiring activities with us.**
- **For challenge #10 'Be Inspired', you can send a picture or video of you performing any inspiring physical activity from any time or anywhere, not just in the past week. The most inspiring pictures and/or videos win more points!**
- **Parents are encouraged to enter too and can submit their results on the Google Form as mentioned below.**

Please help spread to your class and get as many people participating in The VITS Virtual Sports Challenges.

Good luck everyone!

-

R.P.Singh

(08966900333)

Who are participants

1. The VITS School Students (Class- 5th, Class- 6th, Class- 7th, Class- 8th, Class- 9th, and Class- 10th).
2. Parents of Students.
3. The VITS School Staff.

How to get involved

Watch the video to find out how you can get involved in our The VITS Virtual Sports Challenges-2021. There are also videos below explaining all of the challenges, how to perform them and how to log your score.

(Video)

Don't forget...Parents and Staff can get involved too!

How to log your child's scores

Once your child has completed a challenge, please log your child's best score using the Google Form below:

(google form link:)

How to log your parent scores

It would be fantastic if parents also joined in with our Virtual Sports Day. You will add bonus points for your child's class if you do so and you may feature on your results page!

To log a parent score, please use the Google Form below:

(google form link:)

How to log staff scores

Our VITS staff will also be competing in all of the challenges.

Colleagues please submit your best score using the Google Form below:

(google form link:)

Challenges

- #1- Self Balancing**
- #2- Flipping Bottle**
- #3- Make Air Chair**
- #4- Push Your Self**
- #5- Rolling Notebook**
- #6- Role the Plank**
- #7- Catch Ball at Wall**
- #8- Towel Jump**
- #9- Catch the Match**
- #10- Be Inspired**

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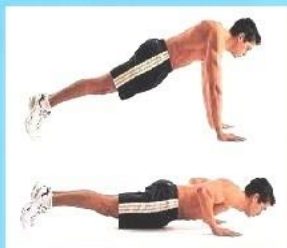
1. SELF BALANCING



2. FLIPPING BOTTLE



3. MAKE AIR CHAIR



4. PUSH YOURSELF



5. ROLLING NOTEBOOK



6. ROLL THE PLANK



7. CATCH BALL AT WALL



8. TOWEL JUMP



9. CATCH THE MATCH



10. BE INSPIRED

*** CHALLENGE START DATE : 18 , MAY , 2021**

*** CHALLENGE END DATE : 29 , MAY , 2021**

*** RESULT DATE : 08 JUNE , 2021**

*** WINNERS WILL BE AWARDED BY PRIZES .**

*** PARTICIPATION CERTIFICATES .**

*** MOMENTO FOR THE APPRECIATION.**

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EACH CHALLENGE ENTRY

Submit an entry to one of the challenges and add 10 points to your class total.



BEST INDIVIDUAL ATTEMPT

*Extra points will be awarded for the **TOP 4** attempts:*

1. 30 Points
2. 25 Points
3. 20 Points
4. 10 Points



COMPLETE ALL CHALLENGES

If you complete all the challenges, you will earn your class an extra 50 points!

BE ACTIVE, BE HEALTHY, BE HAPPY

Any issues please email/call your child's teacher or contact us:

1. PRAKASH TIWARI , 7024530594
2. ANURODH TIWARI , 9977929920
3. SHAILENDRA YADAV , 9755727233

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1. SELF BALANCING

Challenge#1- Self Balancing

Task: Try this balance challenge!

- Balance with both legs on your tiptoes for as long as possible.
- Remember, you need to stay balanced for as long as possible.
- The class with the highest overall time will win, and the individual with the highest time will gain bonus points!

कार्य :- इस संतुलन चुनौती का प्रयास करें!

- जितना संभव हो उतने लंबे समय तक अपने पैर की उंगलियों पर संतुलन बनाए रखें।
- याद रखें, कि आपको ज्यादा से ज्यादा लंबे समय तक संतुलित रहने की आवश्यकता है।
- उच्चतम समग्र समय वाली क्लास इस चैलेंज को जीतेगी और सबसे ज्यादा समय के साथ व्यक्ति बोनस अंक हासिल करेंगे।

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2. FLIPPING BOTTLE

Challenge #2 - Bottle Flipping

Task: Try this bottle flipping challenge !

- **The class with the greatest overall number of bottle flips in 30 seconds wins .**
- **The individual with the best effort will gain bonus points.**

चुनौती # 2 - बोतल फ़्लिपिंग

- **कार्य: इस बोतल flipping चुनौती की कोशिश करो! 30 सेकंड में बोतल की सबसे बड़ी समग्र संख्या के साथ वर्ग जीतता है।**
- **सर्वश्रेष्ठ प्रयास वाला व्यक्ति बोनस अंक प्राप्त करेगा।**

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3. MAKE AIR CHAIR

Challenge #3 - Make Air Chair

Task: Make yourself an Air Chair

- With help of your legs squat in the air.
- The aim is to squat for as long as possible in the air.
- The class with the longest overall time will win, and the top four individuals with the best effort will gain extra bonus points.

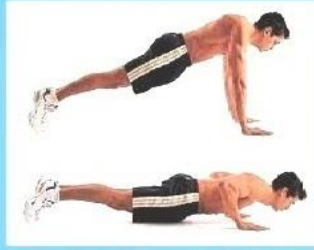
चुनौती # 3 - एयर चेयर बनाएं

कार्य :- अपने आप को एक एयर चेयर बनाइये।

- अपने पैरों की मदद से हवा में स्क्वाट करें।
- इसका उद्देश्य हवा में लंबे समय तक स्क्वाट करना है।
- सबसे ज्यादा समय तक हवा में स्क्वाट करने वाली क्लास जीतेगी, और सर्वश्रेष्ठ प्रयास वाले शीर्ष चार व्यक्ति अतिरिक्त बोनस अंक प्राप्त करेंगे।

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4. PUSH YOURSELF

Challenge #4 - Push Yourself

Task: Push yourself to the limit!

- How many press-ups can you complete in 30 seconds?
- The class with the greatest overall number wins.
- The individual with the most push-ups will gain bonus points.

#4 चुनौती - पुश योरसेल्फ

कार्य: अपने आप को पुश करना !

- 30 सेकंड में आप कितने पुश-अप पूरा कर सकते हैं?
- सबसे बड़ी संख्या के साथ वर्ग जीतता है।
- सबसे अधिक पुश-अप करने वाले व्यक्ति बोनस अंक प्राप्त करेंगे।

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5. ROLLING NOTEBOOK

Challenge #5 - Rolling Notebook

Task: Roll Notebook on your finger.

- **With help of your finger Roll a notebook.**
- **The aim is to Roll a notebook on your finger for as long as possible.**
- **The class with the longest overall time will win, and the top four individuals with the best effort will gain extra bonus points.**

चुनौती #5 - रोलिंग नोटबुक

कार्य :- अपने एक ऊँगली में नोटबुक रोल करना ।

- **अपने एक ऊँगली की मदद से नोटबुक रोल करना ।**
- **इसका उद्देश्य एक ऊँगली में नोटबुक रोल करना है।**
- **सबसे ज्यादा समय तक नोटबुक रोल करने वाली क्लास जीतेगी, और सर्वश्रेष्ठ प्रयास वाले शीर्ष चार व्यक्ति अतिरिक्त बोनस अंक प्राप्त करेंगे।**

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6. ROLL THE PLANK

Challenge #6 - Roll the Plank

Task: Have a go at this mug roll planking challenge.

- You must hold the planking position with an upright mug placed in the centre of your back. The aim is to plank for as long as possible before the mug falls off !
- The class with the greatest overall time wins,
- The individual with the best effort will gain bonus points.

चैलेंज # 6 - रोल द प्लैंक

टार्क: इस मग प्लैंकिंग चैलेंज पर जाएं ।

- आपको अपनी पीठ के केंद्र में एक मग रखना होगा । मग के गिरने से पहले जितना संभव हो उतने समय के लिए उसको बैलेंस करना है !
- सबसे ज्यादा समय रखने वाला वर्ग जीतता है।
- सर्वश्रेष्ठ प्रयास वाला व्यक्ति बोनस अंक प्राप्त करेगा।

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7. CATCH BALL AT WALL

Challenge #7 - Catch Ball At Wall .

Task: Enter and take part in this Catch Ball At Wall challenge!

- **How many times can you throw the ball against a wall and catch it in 30 seconds?**
- **The class with the greatest overall number wins .**
- **The individual with the best effort will gain bonus points.**

चैलेंज # 7 - कैच बॉल एट वॉल।

कार्य: इस कैच बॉल एट वॉल चैलेंज में भाग लें!

- **आप एक दीवार के खिलाफ गेंद को कितनी बार फेंक सकते हैं और इसे 30 सेकंड में पकड़ सकते हैं?**
- **सबसे ज्यादा संख्या के साथ कैच करने वाला जीतेगा।**
- **सर्वश्रेष्ठ प्रयास वाला व्यक्ति बोनस अंक प्राप्त करेगा।**

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8. TOWEL JUMP

Challenge # 8 - Towel Jump.

Action: Take part in this towel jump challenge!

- Put a towel that is in the ground and jump side by side.
- The one who jumps more often in 30 seconds will be the winner.
- The individual with the best effort will gain bonus points.

चुनौती # 8 - तौलिया कूद

कार्रवाई: इस तौलिया कूद चुनौती में भाग लें!

- एक तौलिया जो जमीन में बिछाइये और उसके अगल बगल कूदना है।
- जो 30 सेकंड में ज्यादा बार कूदेगा वह विजेता होगा।
- सर्वश्रेष्ठ प्रयास वाला व्यक्ति बोनस अंक प्राप्त करेगा।

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9. CATCH THE MATCH

Challenge # 9 - Catch The Match .

Action: Take Catch and safe Match challenge.

- Choose a person who can throw ball to you and you have to take catch.
- The one who takes more catches in 30 seconds will be the winner.
- The individual with the best effort will gain bonus points.

चैलेंज # 9 - मैच को पकड़ो।

एक्शन: कैच और सेफ मैच चैलेंज लें।

- एक ऐसे व्यक्ति को चुनें जो आपके लिए गेंद फेंक सकता है और आपको कैच लेना होगा।
- जो 30 सेकंड में अधिक कैच लेगा वह विजेता होगा।
- सर्वश्रेष्ठ प्रयास वाला व्यक्ति बोनस अंक प्राप्त करेगा।

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10. BE INSPIRED

Challenge #10-Be Inspired

Task: Send a picture or video of you completing an activity / sport / workout (from anytime!)

- **The most inspiring pictures / videos win points.**

चुनौती #10- प्रेरित हो

कार्य: आप की एक तस्वीर या वीडियो भेजें / एक गतिविधि / खेल / कसरत (किसी भी समय से!)

- **सबसे प्रेरक चित्र / वीडियो अंक जीतते हैं।**