Dear Children,

The London Youth Games (LYG) Virtual Games are here and we want to share with you the **Challenge Information for Week 1** to help get as many young people from OUR school involved! There is no age limit so all young people can do the challenges!

**Challenges this week**

Here are links to download the Challenge Sheets for this week's challenges, which include coaching tips and suggested adaptations for space, equipment, and ability.

**Monday 8th June** : [5 Shot Netball Challenge](https://www.londonyouthgames.org/wp-content/uploads/2020/06/Week-One-5-Shot-Netball-Challenge.pdf)

**Tuesday 9thJune** : [60 Second Burpee Challenge](https://www.londonyouthgames.org/wp-content/uploads/2020/06/Week-One-60-Second-Burpee-Challenge.pdf)

**Wednesday 10thJune** : [Bottle Cap Badminton Challenge](https://www.londonyouthgames.org/wp-content/uploads/2020/06/Week-One-Bottle-Cap-Badminton-Challenge.pdf)

**Challenge 1 - 5 Shot Netball Challenge**

The first Challenge Video has been released on the London Youth Games website and social media channels, as well as on the Sport Impact Instagram and Twitter.



See the video below:
<https://www.youtube.com/watch?v=8PvyqK3Op00&feature=emb_title>

Online entry form for challenge 1 - <https://docs.google.com/forms/d/e/1FAIpQLSflYjkz7UZ79hhpNbRgll5-myQkbabB0hmY_FhxdA0Y8Kj8QQ/viewform>

**Entry Forms**

You can download the Multi-Entry Scorecard [here](https://www.londonyouthgames.org/week-one-scorecard/)to record your students’ scores. Once complete, please send back to info@londonyouthgames.org by **12:00pm Friday 12th June.**

**All the above documents are also attached to this email.**

**Share**

We want to see your challenge attempts, so please share videos with us on social media using #ThisIsLYG and for a chance to win the weekly MVP award. Make sure you let us know what borough you are from in your videos

 Each week a MVP will be selected based on the ability, creativity and style shown in their video and they will receive a brand new pair of Nike trainers. Children must have parental permission before sharing any content with LYG and Sport Impact on social media.

We can’t wait to see young people from Hounslow together attempting these and trying to help us become the first ever LYG Virtual Games champions!

If you have any questions, please email me or info@londonyouthgames.org

Good luck!