



PLAY AT HOME COMPETITION

INTRODUCTION FOR PARENTS/CARERS

Due to the circumstances around Covid-19, many Companies are not yet in a position to meet face-to-face. Because of this we have developed a **Play at Home** version of the Juniors International Team Games, in which Juniors participate at home supported by their parents/carers. Minimal preparation and equipment is needed.

As a parent/carer you should set up each of the games and witness your child completing them. Your child may practice the games but must tell you beforehand which attempt of each game will be the 'entry' one. After this the game should not be re-attempted.

One score for each game should be sent to your Company leader, who will collate a set of team scores and submit them to BBUK Headquarters. By taking part your child will be part of an international competition which includes teams from across the world!

SCORES

Game 1 - Ball Catch	Points	_____
Game 2 - Hopping	Time taken (in seconds)	_____
Game 3 - Bean Bag Balance	Time taken (in seconds)	_____
Game 4 - Star Jumps	Points	_____
Game 5 - Egg and Spoon	Time taken (in seconds)	_____
Game 6 - Crab Walk	Time taken (in seconds)	_____

Please send these scores to your Company leader, do not send directly to BBUK Headquarters.

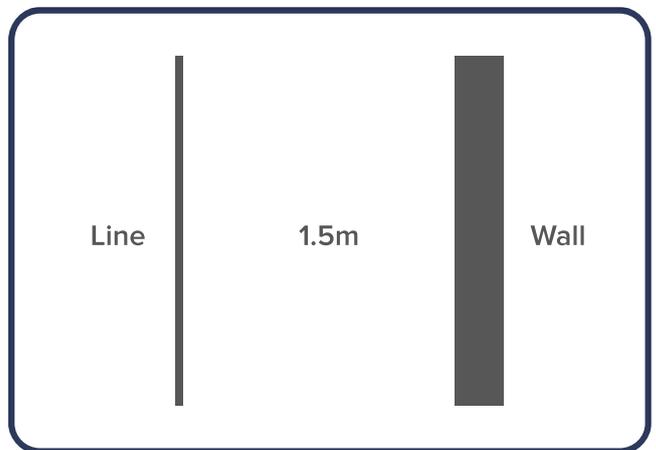
GAME 1 - BALL CATCH

Equipment: Tennis ball (or balls of similar size), masking tape (or similar to create line)

Setting Up: Mark a line 1.5 metres from a wall.

The Game: The participant must stand behind the line and throw their ball against the wall, 3 times with the right hand and 3 times with the left hand trying to catch the ball each time with the same hand, without the ball bouncing on the floor. 1 point is scored for each successful catch. The participant must remain at or behind the line at all times.

Scoring: This is not a timed game. The total number of successful catches (maximum 6) is recorded.





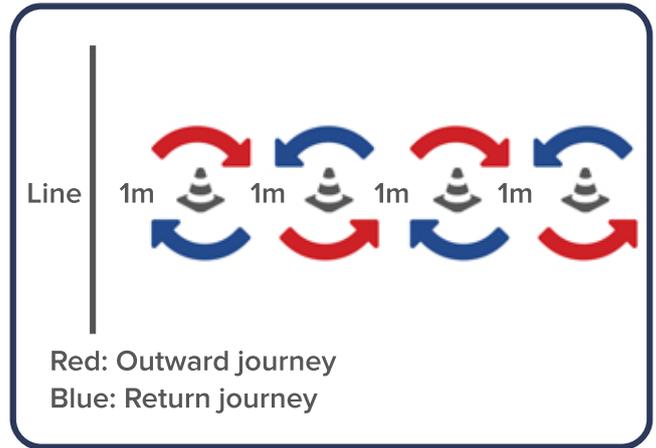
GAME 2 - HOPPING

Equipment: 4 cones/markers, masking tape (or similar to create line), stopwatch/timer

Setting Up: Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

The Game: The participant must start feet behind the start line and hop on one leg weaving in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit.

Scoring: This is a timed game. The time to complete the game (in seconds) is recorded.



GAME 3 - BEAN BAG BALANCE

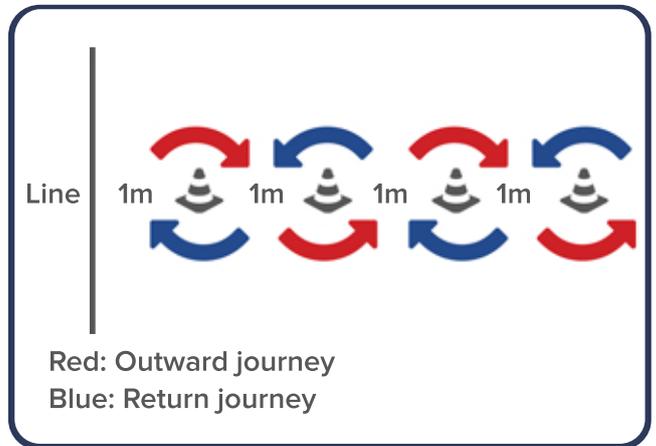
Equipment: 1 bean bag (or similar item), 4 cones/markers, masking tape (or similar to create line), stopwatch/timer

Setting Up: Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

The Game: The participant must start feet behind the start line, place the bean bag on their head and weave in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit.

The participant must not touch the bean bag with their hands. If the participant drops the bean bag on the outward journey they must return to the start line and start again. If the participant drops the bean bag on the return journey they must recommence at the fourth marker.

Scoring: This is a timed game. The total time to complete the game (in seconds) is recorded.





GAME 4 - STAR JUMPS

Equipment: Stopwatch/timer

Setting Up: No advance setup is required for this game.

The Game: The participant must complete as many star jumps as possible in 30 seconds.

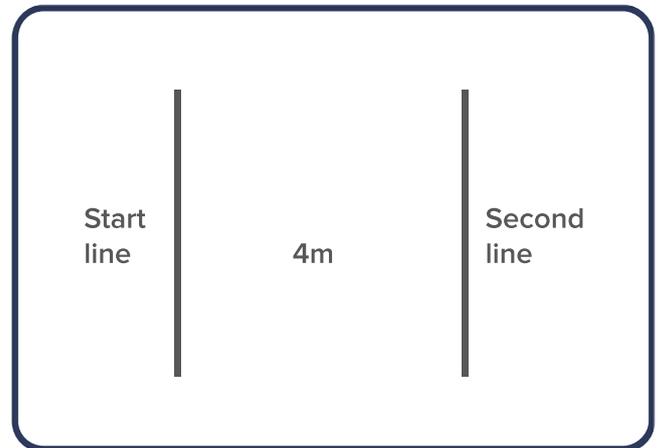
Scoring: The total number of star jumps completed in 30 seconds is recorded.

GAME 5 - EGG AND SPOON

Equipment: Masking tape (or similar to create lines), 1 spoon, 1 plastic/wooden egg or similar sized ball, stopwatch/timer

Setting Up: Mark two lines 4 metres apart.

The Game: The participants must start feet behind the start line, holding the spoon with the egg/ball balanced on it. They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit. If the participant drops the egg/ball on the outward journey they must return to the start line and start again. If the participant drops the egg/ball on the return journey they must recommence at the second line.



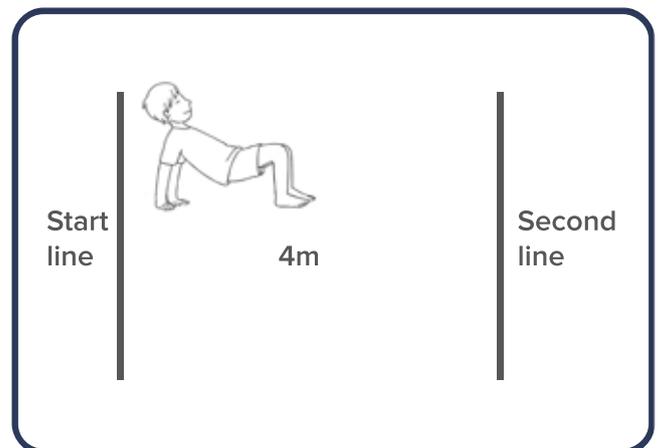
Scoring: This is a timed game. The total time to complete the game (in seconds) is recorded.

GAME 6 - CRAB WALK

Equipment: Masking tape/chalk (or similar to create line), stopwatch/timer

Setting Up: Mark two lines 4 metres apart.

The Game: The participant must start completely behind the start line, in a crab walk position (hands and feet only touching the floor and body facing upwards). They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit. Only the participant's hands and feet should touch the floor. If any other part of their body touches the floor they must return to the last point where only their hands and feet were touching the floor.



Scoring: This is a timed game. The total time to complete the game (in seconds) is recorded.