



St. Matthias Homeletics Championships



LETICS



OPENING CEREMONY



[\(2\) STM Homeletics Opening Ceremony - YouTube](#)



LETICS



Hi Everyone

Welcome to our first ever Virtual Sporting Tournament! As this is our first event we would love to see as many of you competing as possible! You will be competing against other forms in your year group and across other years!

You can have as many attempts as you like when practicing but when competing please follow the instructions and record your best scores via Google Forms.

If there are any world breaking performances, of course we will require video evidence to prove that you did actually do it!

We have recommended what events you do on a daily basis but you can do whatever events you like as long as you meet the deadline for submissions which is Thursday 4th February (5pm)

OVERALL RESULTS WILL BE SHARED ON THURSDAY 11th FEBRUARY!!!!

Monday 18th January
Lockdown Long Jump

Description:

Set up tape measure.

You have 3 attempts to perform a standing broad jump.

Begin behind the start line and jump from 2 feet and land on 2 feet.

Measure at the back foot heel.

Space:

Enough space so you can jump.

Scoring

3 attempts and record your furthest distance in metres (e.g 1.7m)

[CLICK HERE](#) to Submit Score or [SCAN ME](#)



Safety: objects, slippery surfaces, wear trainers.



LETICS



[\(2\) STM Homeletics Event 1 - Lockdown Long Jump - YouTube](#)