

Christ Church Primary School
Virtual Sports Day 2020

Welcome!

Good morning everyone and welcome to our Sports Day 2020!

- Even though we might not be a school just now, it does not mean we cannot do some fun, sporty activities at home.
- All the information you need for each of the activities will be on the next few slides.
- There are also little clips for you to look at to show you what to do and how to record your scores.
- Use the scoring sheet on the last slide to record your individual scores.



Activities:



- We've tried to choose activities which use equipment/materials that you can find at home.
- If you don't have the items, try to substitute it for something else that is similar.
- Remember this is all for a bit of fun and to get you active!

Number of Activities:

- There are 15 activities for you to choose from. The number of activities you compete in depends on your stage in school.
- If you would like to do more activities than suggested, you can always challenge yourself to do as many as you can!

Year group	Number of activities
Nursery	4
Reception	5
Year 1	6
Year 2	8
Year 3	10
Year 4	12
Year 5	15
Year 6	15

Health & Safety:

Remember!

- Make sure you follow the instructions carefully for each task.
- If you get tired, take a break and get a drink of water too.
- Always wear some sun lotion if you are completing activities outside.
- Ask an adult's permission before you use any item as equipment.
- Always think about being safe and responsible.



Activity One:

SKIPPING	
Equipment Needed: Skipping rope Timer/stopwatch	
What you need to do; You are going to skip non-stop for <u>1 minute</u> counting how many skips you do. Make sure you keep your hands wide either side of you. Give yourself plenty of space to skip. Keep going and don't stop – Stamina and rhythm is key! Maybe even play some music to keep you going!	
Scoring sheet: Write the number of skips you have achieved in the box labelled 'Skipping'	

Activity Two:

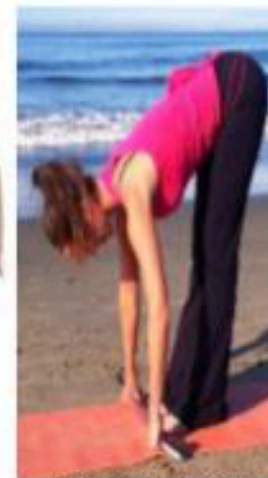
TOE TOUCHES

Equipment Needed:

Timer/stopwatch



Stand



Touch Toes



Stand repeat

What you need to do;

You are going to see how many toe touches you can do in **30 seconds** counting how many you do.

Starting in an upright position (Standing straight), bend down touch your toes and stand back up. That counts as 1 Toe Touch.

Repeat as many times as you can in 30 seconds

Make sure you stand upright every time.

Scoring sheet:

Write the number of toe touches you have achieved in the box labelled 'Toe Touches'

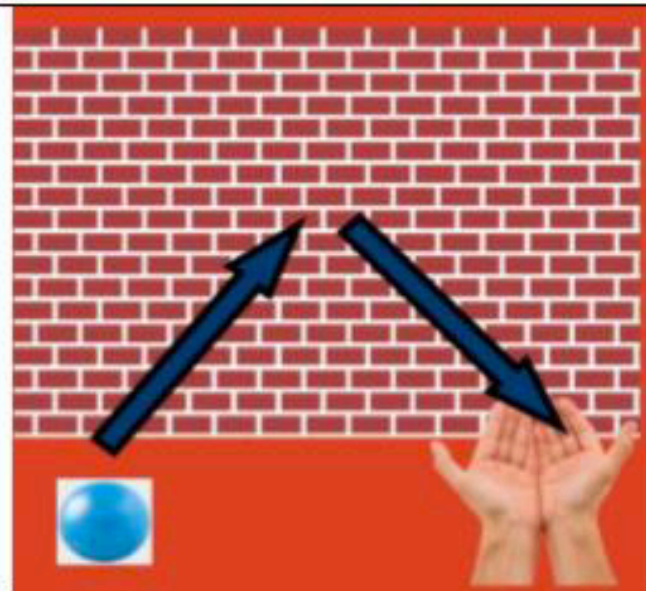
Activity Three:

WALL THROW

Equipment Needed:

Ball that you can bounce against a wall
Clear wall and space

Timer/stopwatch



What you need to do;

You are going to see how many passes against the wall you can do in **30 seconds**.

Stand facing the wall take 3 paces backwards away from the wall

When the timer starts throw and catch the ball against the wall as quickly as you can keeping a count for every **successful catch** against the wall

If you drop the ball that's ok - keep going!

Scoring sheet:

Write the number of successful catches you have achieved in the box labelled 'wall throw'

Activity Four:

SPEED BOUNCE

Equipment Needed:

Hurdle or towel or books

Timer/stopwatch

**What you need to do;**

How many times can you jump over the towel/books/hurdle in 20 secs. Use the video resource below to show you how to set this up correctly and safely,

Video Resource; <https://youtu.be/jB1NWH0qpTA>

Scoring sheet:

Write the number of jumps you have achieved in the box labelled 'Speed Bounce'

Activity Five:

STANDING LONG JUMP

Equipment Needed:

Space
Marker to jump from
Clear landing spot
Measuring tape



What you need to do;

How far can you jump? Using the link below to show you how to set this up. See how far you can jump from a standing position.

Remember to use your arms to help you jump and measure from the start point to the back of your heel where you first land.

Video resource: <https://youtu.be/tf7YG9xwscA>

Scoring sheet:

Write down how far you have jumped in metre/cm in the box labelled 'Standing long jump'

Activity Six:

TARGET THROW

Equipment Needed:

Space

Basket or object to throw into

10 balls, beanbags or rolled up socks



What you need to do;

You are going to see how many balls/socks you can get into the target.

Place your target/bin/washing basket 3 or 5 meters away from your start point

N-Y2

3m

Basket

Y3-Y6

5m

Basket

How many can you get in without missing?

Scoring sheet:

Write down how many you got out of 10 in the box labelled 'Target throw'

Activity Seven:

JUMPING JACKS

Equipment Needed:

Space

Timer/stopwatch



What you need to do;

You are going to complete a full jumping jack non-stop for **30 secs** counting how many you do.

In a space starting with your feet together see how many jumping jacks you can do in 30 secs make sure you move your arms and legs out and back in to count as **ONE**

Scoring sheet:

Write the number of jumping jacks you have achieved in the box labelled 'Jumping Jacks'

Activity Eight:

DRIBBLING - FOOT

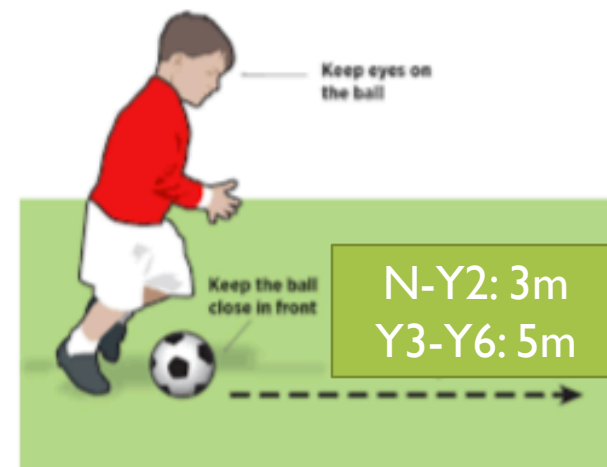
Equipment Needed:

Football or general ball large enough to dribble with your foot

If you don't have a ball you could use a rolled up pair of socks

2 markers

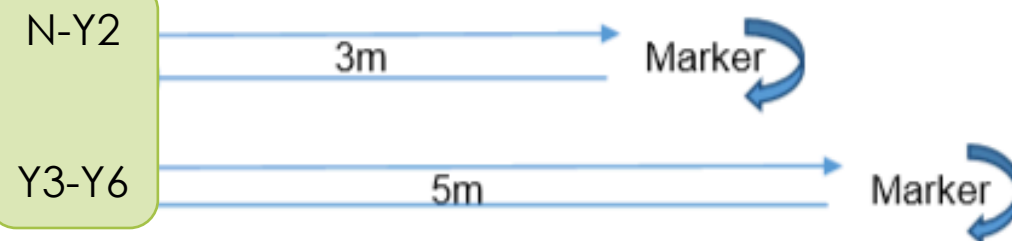
Timer/stopwatch



What you need to do;

You are going to dribbling the ball/socks with your **feet** from the start point, round a marker and back to the start to count as **ONE**

How many times can you do this in **1 minute?**



Scoring sheet:

Write the number of full laps with the ball you complete in the box labelled 'Dribble - foot'

Activity Nine:

DRIBBLING - FOOT

Equipment Needed:

Basketball or general ball large enough to dribble with your hand that bounces.

2 markers

Timer/stopwatch



N-Y2: 3m
Y3-Y6: 5m

What you need to do;

You are going to dribbling the ball with your **hand** from the start point, round a marker and back to the start to count as **ONE**

How many times can you do this in **1 minute**?

N-Y2

3m

Marker

Y3-Y6

5m

Marker

Scoring sheet:

Write the number of full laps with the ball you complete in the box labelled 'Dribble - hand'

Activity Ten:

THROW AND CATCH

Equipment Needed:

Small ball or a pair of socks

Timer/stopwatch



What you need to do;

You are going to throw and catch the ball/sock non-stop **above your head** for **1 minute** counting how many you successfully catch. How many can you do?

Make sure you have plenty of space around you.

Throw the ball/sock up above your head (Not too high) and catch

A successful catch counts as one

If you drop it don't worry just pick up and carry on

Scoring sheet:

Write the number of successful catches you have achieved in the box labelled 'Throw & Catch'

Activity Eleven:

RACKET HIT

Equipment Needed:

Racket/bat

Ball

Or if you don't have these you can use your hand with a balled up pair of socks or balloon

Timer/stopwatch



What you need to do;

You are going to see how many keepie ups you can do with the ball and racket non-stop for **30 sec** counting how many you do.

Start with the ball on your racket/hand and every time you manage to keep the ball up in the air counts as one.

If you drop the ball don't worry pick it up and keep going!

Scoring sheet:

Write the number of hits you have achieved in the box labelled 'Racket hit'

Activity Twelve:

SHOOTING

Equipment Needed:

Hoop or a bin/basket placed up high to act as a net

Ball or a pair of socks rolled up

Timer/stopwatch



What you need to do;

How many shots can you get into the hoop in 1 minute?

N-Y1 3 strides from the hoop
Y2/Y3 4 strides from the hoop
Y4-Y6 5 strides from the hoop

Stand at your start point (See above for distance) after each shot make sure you go back to your start point to shoot. Every successful shot that goes in counts as one.

Scoring sheet:

Write the number of successful shots you have achieved in the box labelled 'Shooting'

Activity Thirteen:

SHUTTLE RUN

Equipment Needed:

Markers

Measuring tape

Timer/stopwatch



What you need to do;

How fast can you run a 5m distance 20 times? Use the link below to show you how to set this up.

You will need your Speed and agility when working on this task!

Video resource: <https://youtu.be/JIpNSOp8x8>

Scoring sheet:

Write your time in minutes and seconds in the box labelled 'Shuttle run'

Activity Fourteen:

CHEST PUSH

Equipment Needed:

Space – throwing area

Ball – football, basketball size preferably but any ball will do

PUSH



What you need to do;

In this throw you are going to push the ball with both hands from the chest into throwing area in front of you.

As in the diagram you use both hands to push the ball forward and measure from your start point to where the ball lands **FIRST** not where it ends up.

Throw 3 times and record your highest score.

Scoring sheet:

Measure your throw in meters and cm and write in the box labelled 'Chest Push'

Activity Fifteen:

EGG & SPOON

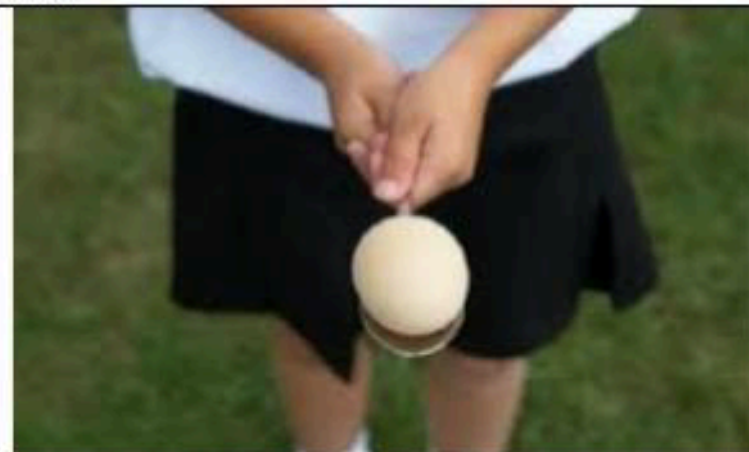
Equipment Needed:

Markers

Spoon

Boiled egg or small ball or pair of rolled up socks

Timer/stopwatch



What you need to do;

You are going to balance the egg on the spoon from the start point, round a marker and back to the start to count as **ONE**

How many times can you do this in **1 minute** without dropping the egg?

N-Y2

3m

Marker

Y3-Y6

5m

Marker

Scoring sheet:

Write the number of successful laps you have achieved in the box labelled 'Egg & Spoon'

Scoresheet:

Activity	Skipping (1 min)	Toe Touches (30 sec)	Wall throw (30 sec)	Speed Bounce (20 sec)	Standing Long Jump	Target Throw /10	Jumping Jacks (30 sec)
Your Score							

Dribbling – Foot (1 min)	Dribbling – hand (1 min)	Throw & Catch (1 min)	Racket hits (30 sec)	Shooting (1 min)	Shuttle Run (5m x 20)	Chest push	Egg & Spoon (5m x 5)

WELL DONE!



Thank you for taking
part in our Sports Day
2020!