**Sports day 26th June 2020**

Please see below for the instructions for virtual sports day. Please return your score card to school by **Friday 26th June.**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year group\_\_\_\_\_\_\_\_\_\_\_ PE team colour\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
| Activity | **Activity 1 Speed bounce** | **Activity 2 Standing long jump** | **Activity 3 Speed Dribble Shuttle** | **Activity 4 Sock Throw** | **Activity 5**  **Ball throw and catch** |
| Points scored |  | \_\_\_\_\_\_cm |  |  |  |

**Activity 1 Speed bounce**

Roll up a towel to create a wedge, and stand on one side.

Jump side to side, over the towel, making sure that both feet land on the other side to count. Repeat this, jumping back and forth.

How many jumps can you do in 30 seconds?

Scoring

Count each time both feet land on the other side of the towel.

How many jumps can you do in 30 seconds?

SCORING: 1point for every jump

Suggested Adaptations for Space/Equipment

If no towel is available, then a rolled up t-shirt, or a line of shoes, will work perfectly.

Adaptations for Inclusivity

Instead of using a rolled-up object, athletes can jump over a flat marker.

If the two-footed jump is unsuitable, try stepping from one side of the marker to the other and back.

**Activity 2 Standing long jump**

Stand behind a take-off line, such as a skipping rope or the edge of a patio.

From a still, standing position, take off on 2 feet, jumping as far as you can before landing on both feet.

How far can you jump?

Scoring

The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels, or hands/ bottom if you fall back).

How far can you jump? Record your distance to the nearest whole centimetre.

You will be awarded points based on your distance.

Suggested Adaptations for Space/Equipment

If no tape measure or ruler is available, then an A4 piece of paper is approx. 30cm in length.

If jumping is not suitable, then children can take a large stride.

**Activity 3 Speed Dribble Shuttle**

Challenge Description

Place 2 cones 5 metres apart. Please see suggested adaptations below if you don’t have a safe, suitable space.

Dribble the ball around each cone.

How many shuttles can you do in 1 minute? SCORING: 1point for every shuttle you achieve

Scoring

SCORING: 1point for every length successfully completed,

Suggested Adaptations for Space/Equipment

If you don’t have the space available, you can half the distance (2.5 metres). If doing this, dribbling around the far cone AND BACK counts as 1 length.

If you don’t have a football, you could try a similar size ball, or even a balloon.

Shoes also make great cones.

If you don’t have a tape measure, a piece of A4 paper is approximately 30cm in length, or a large adult stride is approximately 1 metre.

**Activity 4 Sock Throw (6 socks - 4 adult socks for the target)**

1. Stand 2 metres away from the target (4 adult socks)

2. Throw 1 rolled up sock into the target

3. Run and collect your sock and repeat again

How many times can you land the sock into the target in 30 seconds?

SCORING: 1point for getting it in or hitting the target

**Activity 5 Ball throw and catch**

Challenge Description

Using a small ball (about the size of a tennis ball), throw the ball up and catch it again.

Scoring

How many successful throws and catches can you do in one minute?

Adaptations for Inclusivity

Instead of using a ball use any rolled-up object e.g. toilet roll, pair of rolled up socks.

SCORING: 1point for every successful throw and catch

**The run will not count towards the final points however we encourage the children to take part.**

**100m run or 1km run**

Run 100m or 1km (1000m) and time yourself.