

Stanmore Primary School



Virtual Sports Week Monday 6th – Friday 10th July 2020



In this pack:

- Instructions for each activity
- Results table

When you have completed the challenges, take a photo of your results page and email it to:

year1and2@stanmoreprimary.com

year3and4@stanmoreprimary.com

year5and6@stanmoreprimary.com

Year R – please upload this to tapestry, as normal.

Who?	Everyone at Stanmore Primary School, this is for you to participate in and enjoy!
Where?	Children at school will take part in these events in school time, and those of you at home will be able to join in too!
When?	We need all results emailed in by the end of Friday 10 th July, so that we can collate the scores and the winners will be announced the following week.
Why?	We recognise that sports day is the highlight of the year for some children, so we wanted to acknowledge this event by asking everyone to join in with some socially distanced challenges!
What?	We are asking that you fill in the scoring sheet (at the end of this pack) and take a photo of it and email it into school by the end of Friday 10 th July. We'd love to receive photos of you taking part in these challenges too.

Scoring System:

The ultimate aim of sports day is to have fun whilst taking part in a physical activity. Points will be awarded as follows:

- 5 points for completing an activity
- 1 point per catch/circuit/second/length – so make sure that you record this accurately
- A bonus 10 points if you complete all five activities!

These points will translate into house points – so that you can check the website on Friday to see which House Team is in the lead!

BOTTLE FLIP

WHAT YOU WILL NEED...

- PLASTIC BOTTLE (ANY SIZE)
- WATER (ANY AMOUNT)
- TIMER

GOOD LUCK EVERYONE!

WHAT TO DO...

1. PUT ANY AMOUNT OF WATER INTO A PLASTIC BOTTLE
2. SET A TIMER TO 1 MINUTES AND RECORD HOW MANY TIMES YOU CAN FLIP THE BOTTLE AND MAKE IT LAND THE RIGHT WAY UP. YOU HAVE ONE MINUTE!!!
3. RECORD YOUR SCORE ON THE RECORDING SHEET!

RULES!

1. YOU CAN USE ANY AMOUNT OF WATER AND HAVE ANY SIZED BOTTLE
2. CAREFULLY COUNT THE FLIPS THAT LAND.
3. FLIP THE BOTTLE WITH ONE HAND ONLY.
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD YOUR SCORE ON THE RECORDING SHEET.

RUN RUN RUN

WHAT YOU WILL NEED...

- 2 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. YOU SCORE A POINT FROM RUNNING FROM ONE MARKER TO THE OTHER. FOR EXAMPLE, THERE AND BACK WOULD BE 2 POINTS.
2. REMEMBER YOU GET 2 MINUTES.
3. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
4. RECORD YOUR SCORE ON THE RECORDING SHEET!

WHAT TO DO...

1. PLACE A MARKER AT THE START AND ANOTHER MARKER 20 STEPS AWAY. THIS WILL BE YOUR ACTIVITY ZONE.
2. RUN BACK AND FORWARD BETWEEN THE MARKERS AS MANY TIMES AS YOU CAN.
3. CAREFULLY COUNT HOW MANY RUNS YOU CAN DO IN 2 MINUTES! THERE AND BACK COUNTS AS 2.
4. RECORD YOUR SCORE ON THE RECORDING SHEET!

SOCK DRIBBLE

WHAT YOU WILL NEED...

- 3 PAIRS OF SOCKS
- 3 OR 5 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

WHAT TO DO...

1. IN YOUR LIVING ROOM OR ON A FLAT SURFACE SOMEWHERE IN YOUR HOUSE, PLACE DOWN 5 MARKERS (MUGS, PAPER, TEDDIES ETC) FOR KS2 OR 3 MARKERS FOR KS1 AND RECEPTION THAT ARE 5 STEPS APART.
2. SCRUNCH UP 3 PAIRS OF SOCKS TO CREATE A BALL.
3. DRIBBLE THE BALL OF SOCKS IN AND OUT OF THE MARKERS AS MANY TIMES AS YOU CAN IN 2 MINUTES.
4. EACH TIME THERE AND BACK THROUGH THE MARKERS COUNTS AS 2 POINTS
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

1. ENSURE THE MARKERS ARE 5 FEET APART.
2. ENSURE YOU DRIBBLE IN AND OUT OF EACH MARKER.
3. CAREFULLY COUNT HOW MANY FULL CIRCUITS YOU COMPLETE.
4. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

ACTIVITY ...

SPEED BOUNCE

WHAT YOU WILL NEED...

- A STICK
- A TIMER
- A SAFE SPACE!

GOOD LUCK EVERYONE!

RULES!

1. JUMP OVER THE POLE OR STICK WHILST IT'S ON THE GROUND.
2. COUNT HOW MANY YOU CAN DO IN 2 MINUTES.
3. SEND PICTURES OR VIDEOS TO YOUR CLASS TEACHER.
4. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. FIND AN OPEN SPACE OUTSIDE.
2. PLACE A THE STICK OR POLE ONTO THE GROUND
3. SET THE TIMER TO 2 MINUTES
4. JUMP FROM ONE SIDE OF THE STICK TO THE OTHER. EACH TIME YOU DO THAT YOU SCORE 1 POINT.
5. COUNT HOW MANY TIMES YOU JUMP OVER THE STICK OR POLE IN 2 MINUTES
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

UNDER AND OVER

WHAT YOU WILL NEED...

- 2 CHAIRS
- A POLE OR STICK PLACED ACROSS THE CHAIRS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

WHAT TO DO...

1. PLACE CHAIRS OR ALTERNATIVES NEXT TO EACH OTHER AROUND YOUR HOUSE OR IN YOUR GARDEN.
2. PLACE A STICK, POLE OR AN ALTERNATIVE ONTO THE CHAIRS TO CREATE A HURDLE AND A BRIDGE
3. ORGANISE THIS SO YOU HAVE CREATED A CIRCUIT WHERE YOU CAN GO OVER AND UNDER QUICKLY
4. GOING UNDER AND OVER WILL SCORE YOU 1 POINT. HOW MANY TIMES CAN YOU GO UP AND OVER THROUGHOUT YOUR CIRCUIT IN 2 MINUTES?
5. RECORD THE SCORE ON THE RECORDING PAGE!

1. YOU'LL NEED TO COMPLETE YOUR CIRCUIT AS MANY TIMES AS YOU CAN IN 2 MINUTES.

2. GOING UNDER AND OVER WILL SCORE YOU 1 POINT. HOW MANY CAN YOU DO?

3. YOUR HURDLES NEED TO A REASONABLE SIZE COMPARED TO YOUR BODY HEIGHT.

4. BE QUICK, YOU ARE AGAINST THE CLOCK!

5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.

6. RECORD THE SCORE ON THE RECORDING PAGE!

Results Table

Activity	Completed?	Score/Time/Amount
Bottle Flip		Number of flips:
Run Run Run		Number of lengths:
Sock Dribble		Number of circuits:
Speed Bounce		Number of bounces:
Under and Over		Number of times:

Name _____

Class _____

House Team _____

Remember to send us your results and photos!