



Stalmine Primary School

Virtual Sports Day



Monday 29th June – Friday 3rd July

What is involved?

- Virtual Sports Day
- Daily Challenges
- Demonstrations via Class Dojo.
- Sports related learning

To take part in the virtual sports day, what will I need?

- Tape measure
- Tennis racket / frying pan
- Broom or mop (Wooden spoon for Class 1 and 2)
- Stop watch (there should be one on an adults phone)
- socks (don't worry if they don't match!!)
- Spoon
- Tea Towels / Towels
- Chalk or something washable to mark jumps and distances
- Marker – this could be any item in your garden to show start/ finish line.
- Water or drinks bottle



How will it work?

Every weekday, two new challenges will be set. These challenges can be done in your house, in your garden, at the local park, in the countryside – wherever is convenient to you!

- Each day we will post a video on School Story showing you how to set up and complete the activity.
- Make sure you warm up for 10 mins before you begin
- Make sure there is a grown-up there to help you and to take your scores
- It doesn't matter WHAT TIME you do the activities, but all scores must be in by Friday 10am.
- You will be asked to send in your scores/times to your class teacher on Dojo Messenger.
- You will be competing in your year groups to see which year groups score the most points.
- We will also collect individual scores too



How do I score points?

- Each entry will earn 5 points for their year group. So the more you take part – the more points you can earn for you and your year group!
- The 10 highest times/scores for each activity will be awarded an additional 10 points.
- If you compete all challenges over the week, you will be awarded an extra 10 points.



Monday

Activity 1

Why is exercise so important?

Before you start have a discussion with an adult about why we need to exercise and why it is important for our bodies and minds.



This is a useful clip
<https://www.bbc.co.uk/bitesize/clips/zm29wmn>

Activity 2

Sports Day Activities

Sock Tennis

You will need:

- Tennis Ball or pair of socks
- Tennis racket or frying pan
- Washing basket / bin / bucket
- Stop watch (on phone)
- Tape measure

- Activity 1: Bouncing balls
- Activity 2: Egg and Spoon
- Activity 3: Championship Point

Activity 3

Design and Build a Stadium

Design and build a football stadium using recyclables and household items only. We'd love to see a picture of them.



Tuesday

Activity 1

What makes a healthy balanced diet?

Spend half an hour discussing with an adult about healthy eating.

You can use the resources here to help you
<https://www.nhs.uk/change4life>

Activity 2

Sports Day Activities

Field Events

You will need:

Wellies (just one!) or a heavy trainer

Timer

Tape measure

Chalk or washable pen

Two markers (this could be anything in your garden)

Broom or mop (wooden spoon for KS1)

Activity 1: Shot put

Activity 2: Javelin

Activity 3: High Jump

Activity 4: Long jump

Activity 3

Healthy Bake Off!

You will have the rest of the day to plan and start making something healthy for either breakfast, lunch or tea.

You can make or bake anything you like as long as it is healthy!

Send us a photo of your entry to your class teacher by Friday 3rd July.



Wednesday

Activity 1

What happens to your body when you exercise?

Whilst you are doing your activities today record what happens to your body? Think about your breathing, the colour of your face and your heartbeat.



Activity 3 **Sports Day Activities**

Endurance Events

You will need:
A tape measure
Markers
Timer

- Activity 1: Sumo Jump
- Activity 2: Speed bounce
- Activity 3: Star jumps / caterpillars
- Activity 4: Crabwalks / Bear walk
- Activity 5: Sprint dash

Activity 3 **Design a work out**

Design a 10-15 minute work out for you, a sibling or an adult to complete at home.

Make sure it gets their heart pumping!

Send in a picture of them completing one of the activities.

Thursday

Activity 1

Why do we warm up before exercise?

Spend some time with an adult discussing why it is important for us to warm up before any exercise.



Activity 2 Sports Day Activities

Bang On Target

You will need:

- A measuring tape
- Football / tennis ball / sock
 - Tea towel
 - Sock
 - Towel
- Some chalk or a marker.

Activity 1: Hit the target

Activity 2: Attack!

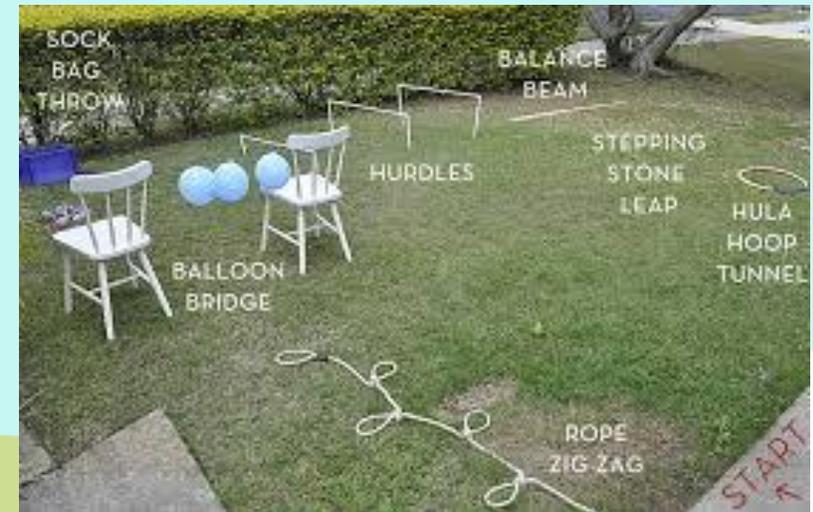
Activity 3: Heads, shoulders, knees and toes

Activity 4: Keepie Uppie challenge

Activity 3

Design your own obstacle course

Using household items design and create your own outdoor obstacle course. You could include things to climb over, climb under, wriggle through or jump across!



Friday

Rest and Results Day

