



GRIMOLDBY PRIMARY SCHOOL



VIRTUAL SPORTS DAY

2020

1st - 13th July

ARE YOU UP TO MR HOPPER'S CHALLENGE?

RESPECT

HAPPINESS

UNITY

INSPIRATION

CREATIVITY

DETERMINATION



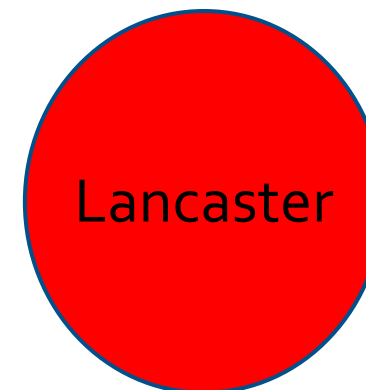
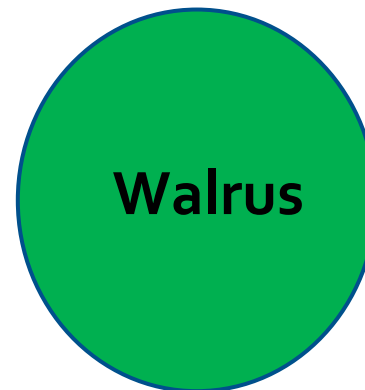
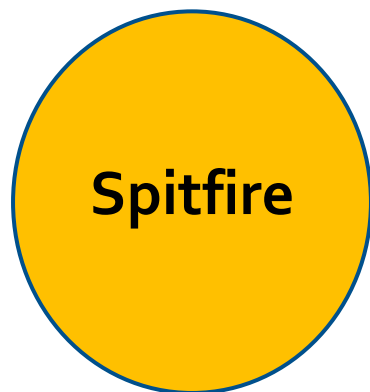
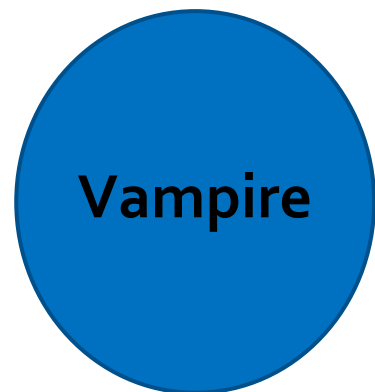
Welcome to the Virtual Sports Day!

- We have put together a Virtual Sports Day for teachers and students to take part in at home!
- Like any other sports day, you will be competing against all the other houses to see who will be crowned winners of Sports Day 2020!
- There are 8 challenges for you to take part in. Each slide will show a different challenge that will require little or no equipment. All are really easy so everyone can take part!
- If you only want to take part in some challenges and not all then that is fine but just remember more challenges = more points!
- Once you have completed the challenge, fill in your score on the recording sheet and when you have completed all of your activities please email your scores back to enquires, upload them to the class twitter page or post your scores in a letter with a name, which house you are in and your score.
- The teachers will be keeping track of scores and will add up the points at the end of the challenge (Monday 13th July).
- The winners of each Keystage challenge will be announced in the final week of the term. Updates will be posted on the Twitter page, so make sure you watch out for them!

Welcome to the Virtual Sports Day!

- You have just over a week to complete 8 challenges and fill in your scores. There is no time limit for when you need to complete each challenge as long as they are all done and submitted by Monday 13th July.
- We advise that you complete all the challenges first and then send in your scores at the end.
- The scoring system will work as each child will get 5 points towards their house for taking part in each activity and for the three highest scores it will be 30 for 1st place, 20 for 2nd place and 10 points for 3rd.
- For each challenge you need to submit a piece of evidence so that we know you have taken part fairly. This could be a photo of your time/distance or a short video so make sure you have an electronic device handy!
- Results will then be shared on the School twitter page.

GOOD LUCK AND MAY THE BEST HOUSE WIN!!



Before you take part!

It is really important you do the following before you take part:

- A warm up – You have all been taught the importance of warming up in PE.
Make sure it includes a pulse raiser and stretches to warm your joints and muscles!
- Check the environment around you
Do you have enough space? Do you need to clear some things away to make the space safer? Are there any wires/objects you could trip over?
- Make sure you are wearing sensible footwear - We advise you wear trainers to protect your feet and give you the most grip!



Try your best and enjoy!!!

KS1

Challenges

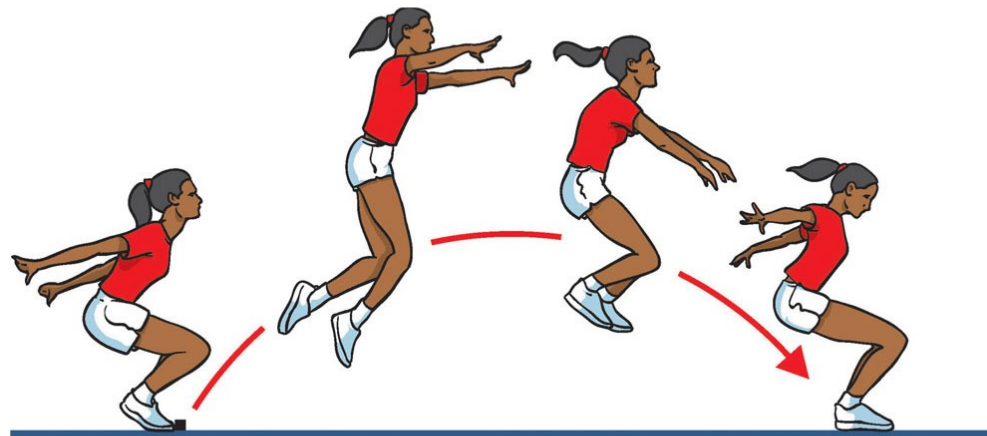
Challenge 1 – Standing Long Jump

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. You have three attempts to see how far you can perform a **STANDING** long jump then upload your best score.



TECHNIQUE

1. Stand with both feet shoulder width apart, parallel to the start line.
2. Squat deeply and swing your arms backwards.
3. Jump from 2 feet and land on 2 feet.
4. Measure from behind your heel.



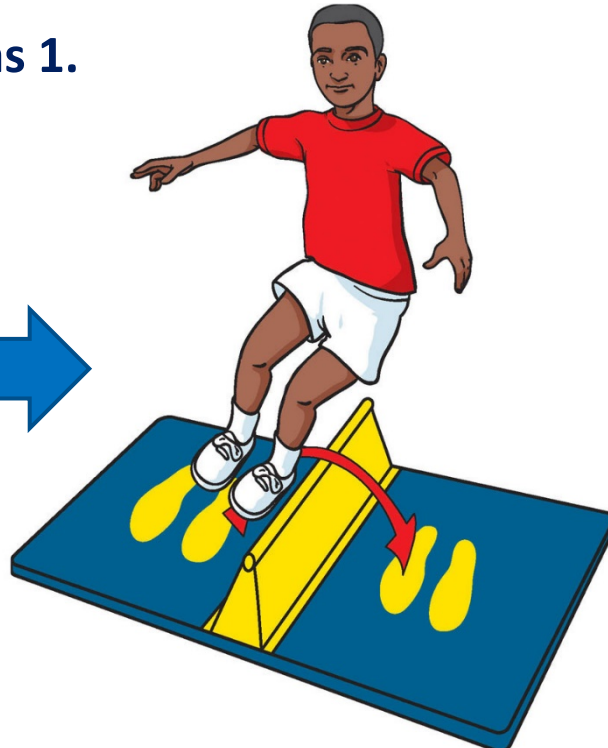
Challenge 2 – Speed Bounce

1. Create a speed bounce – this needs to be something you can jump over.
2. You could use a rolled up towel, a pillow or line of toilet rolls.
3. Time how many times you can jump over your object in 1 minute.
4. Each jump over the object counts as 1.



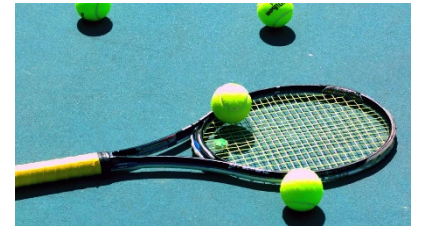
TECHNIQUE

1. It is a two footed jump – 2 feet to 2 feet
2. Bring feet as high as possible
3. Look at your feet for guidance
4. Must jump over the object and try not to touch it



Challenge 3 – Tennis Ball Bounce

1. For this challenge you need a tennis racket and a tennis ball. If you don't have either of these a frying pan and a ball made out of socks will work just as well!
2. Your challenge is with 2 attempts, see how many times you can bounce the ball on the racket without it falling off in 1 minute.
3. Every time it hits the racket it counts as one. The number you get to before you drop the ball will be your score.



TECHNIQUE



1. Keep your eyes on the ball
2. Keep the ball in the middle of the racket.
3. Don't bounce the ball too high or too low



Challenge 4 – Star Jumps

1. For this challenge you need an empty floor space and a positive mind set!
2. Your challenge is to see how many star jumps you can do in 1 minute.
3. You must do a complete a star jump (shown below) for it to count as 1. No cheating!

TECHNIQUE

1. Start standing up tall with your arms by your side and knees slightly bent.
2. Jump up, extending your arms and legs out into a star shape in the air.
3. Land softly, with your knees together and hands by your side.



Challenge 5 – Egg and Spoon

1. For this challenge you need about 10 metres of empty floor space either inside or out.
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. Your challenge is to see how many laps you can do of 10 metres in 2 minutes.
4. You must do this while balancing an egg on a spoon for a full length for it to count as 1.

TECHNIQUE

1. Keep you eyes on the egg and spoon
2. Start with slow walk and gradually get fast if you get more confident.
3. Don't try to run before you walk as the egg may fall off.



Challenge 6 – Tree Pose

1. Create the Tree pose balance position shown below
2. Time how long you can maintain this position until you become imbalanced and fall over
3. Whatever time you get to, will be your score.

TECHNIQUE

1. Stand with hands on hips
2. Place the sole of one foot against the side of the kneecap on the other leg
3. Look straight ahead and focus on one point

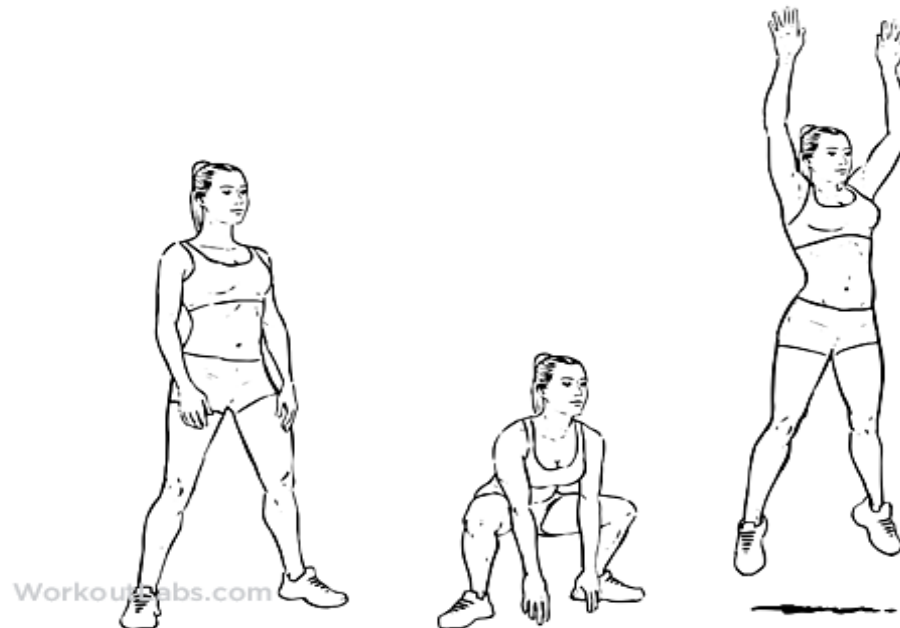


Challenge 7 – Frog Jumps

1. For this challenge you need an empty floor space and a positive mind set as this challenge can be tiring!
2. Your challenge is to see how many frog jumps you can do in 1 minute.
3. You must do a complete frog hop (shown below) for it to count as 1. No cheating!

TECHNIQUE

1. Start in a standing position with your feet at shoulder width.
2. Then lower down into a 3/4 squat position with your arms at your sides.
3. Pause here for a second and get ready to explosively jump up
4. As you land back down bend your knees and slowly come back up to the starting position ready for the next jump.

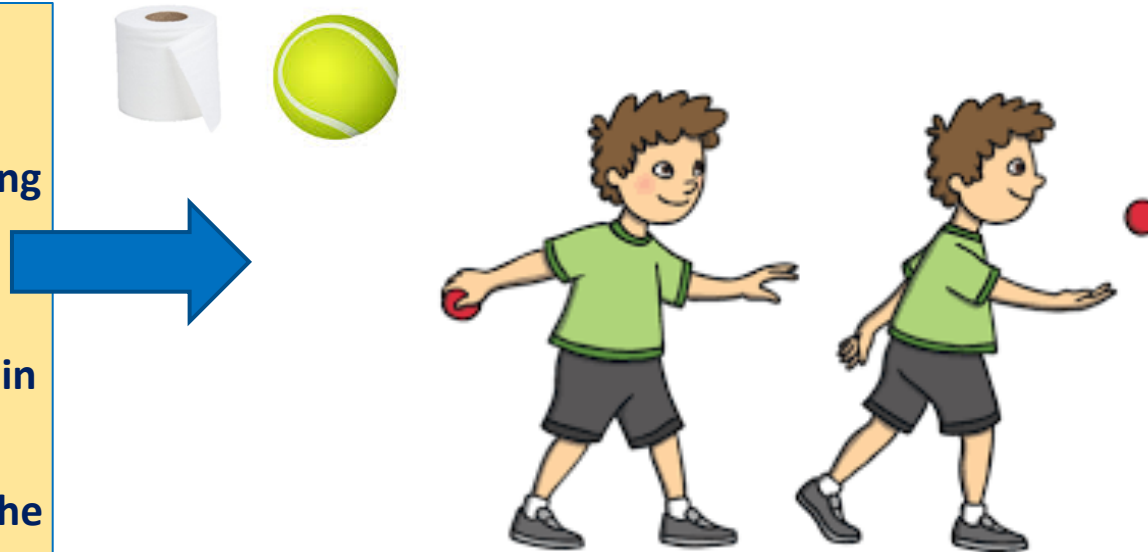


Challenge 8 – Bucket toss

1. For this challenge you are going to need a ball and bucket/ similar size container to catch the object– you could use a tennis ball, bean bag, ball made out of socks or a toilet roll.
2. You need about 2 metres of empty floor space either inside or out between you and your target. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. With 10 underarm throwing attempts you need to try and land the ball in to the bucket as many times as possible.

TECHNIQUE

1. Start by facing your target while holding the ball in your strong hand.
2. Swing the arm holding the ball back behind you, your shoulders should remain facing your target.
3. Swing your arm forward and release the ball just after your waist.



Try your best and enjoy!!!

KS2

Challenges

Before you take part!

It is really important you do the following before you take part:

- A warm up – You have all been taught the importance of warming up in PE. Make sure it includes a pulse raiser and stretches to warm your joints and muscles!
- Check the environment around you
Do you have enough space? Do you need to clear some things away to make the space safer? Are there any wires/objects you could trip over?
- Make sure you are wearing sensible footwear - We advise you wear trainers to protect your feet and give you the most grip!



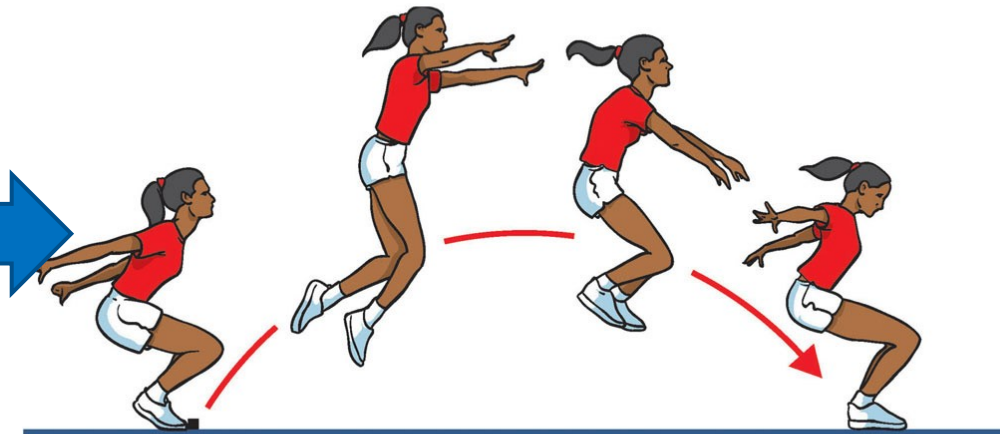
Challenge 1 – Standing Long Jump

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. You have three attempts to see how far you can perform a **STANDING** long jump then upload your best score.



TECHNIQUE

1. Stand with both feet shoulder width apart, parallel to the start line.
2. Squat deeply and swing your arms backwards.
3. Jump from 2 feet and land on 2 feet.
4. Measure from behind your heel.



Challenge 2 – 1 minute Keepy Ups

1. For this challenge you are going to need a ball – you could use a football, balloon, ball made out of socks or a toilet roll.
2. With 2 attempts and while using a stopwatch/phone, time how many keepy ups you can do.
3. If you drop the ball, pick it up and carry on from where you left off until the time runs out.



TECHNIQUE

1. Kick the ball using your laces
2. Keep your eye on the ball
3. Maintain an upright posture



Challenge 3 – Stork Stand Balance

1. Create the Stork Stand balance position shown below
2. Time how long you can maintain this position until you become imbalanced and fall over
3. Whatever time you get to, will be your score.

TECHNIQUE

1. Stand with hands on hips
2. Place the sole of one foot against the side of the kneecap on the other leg
3. Look straight ahead and focus on one point



Challenge 4 – 1 minute Sit Ups

1. For this challenge you need an empty floor space. You may want to cushion your back with a resistance mat or towel
2. You have 1 minute to see how many sit ups you can do.
3. PLEASE NOTE: This is a sit up challenge and NOT a crunch challenge so you need to come all the way up to your knees!

TECHNIQUE

1. Lie on the floor with your knees bent and feet firmly on the ground.
2. Cross your arms or put your hands to the side of your head
3. Keep your core tight and come up all the way to your knees



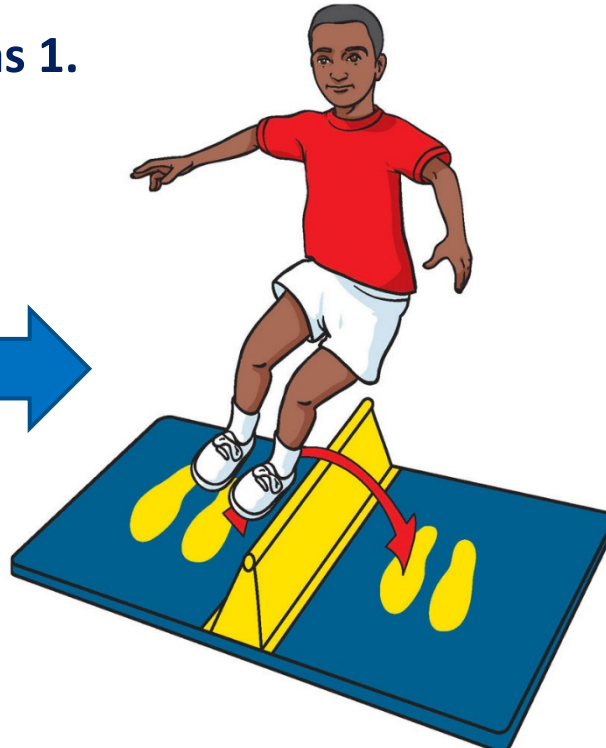
Challenge 5 – Speed Bounce

1. Create a speed bounce – this needs to be something you can jump over.
2. You could use a rolled up towel, a pillow or line of toilet rolls.
3. Time how many times you can jump over your object in 1 minute.
4. Each jump over the object counts as 1.



TECHNIQUE

1. It is a two footed jump – 2 feet to 2 feet
2. Bring feet as high as possible
3. Look at your feet for guidance
4. Must jump over the object and try not to touch it



Challenge 6 – Plank Challenge

1. For this challenge you need an empty floor space. You may want to cushion your elbows with a resistance mat, towel or item of clothing.
2. Adopt the plank position shown below.
3. Using a stop watch/phone time how long you can hold this position for. Whatever time you can get to before stopping will be your score.

TECHNIQUE

1. Elbows and hands touching the floor
2. Body needs to stay in a straight line. Hips must not be too low, bum must not be too high
3. Tight core



Challenge 7 – Tennis Ball Bounce

1. For this challenge you need a tennis racket and a tennis ball. If you don't have either of these a frying pan and a ball made out of socks will work just as well!
2. Your challenge is to see how many times you can bounce the ball on the racket without it falling off.
3. Every time it hits the racket it counts as one. The number you get to before you drop the ball will be your score.



TECHNIQUE



1. Keep your eyes on the ball
2. Keep the ball in the middle of the racket.
3. Don't bounce the ball too high or too low



Challenge 8 – Burpees

1. For this challenge you need an empty floor space and a positive mind set as this challenge is a killer!
2. Your challenge is to see how many burpees you can do in 1 minute.
3. You must do a complete burpee (shown below) for it to count as 1. No cheating!

TECHNIQUE

1. Start standing up
2. Jump down to the floor in a tuck position
3. Kick your legs out into a press up position
4. Bring your legs back into a tuck position
5. Jump up and start again

