



Wednesday 1st July 2020



Dear Parents and Carers,

At Grimoldby Primary School, we are all really excited to be taking part in a Virtual Sports Day. This will commence on *Wednesday 1st of July* until *Monday the 13th July*. We would like all teachers and children to take part in these challenges at home or whilst they are at school in their own bubble. I will work with each 'Bubble' to complete the challenges next week.

We challenge all children to complete the challenges and try their best to get as many points as possible for their House Team; we want every child to have the opportunity to take part. The challenges can be completed at any time in the 13 day period but the deadline will be 3.30 pm on *Monday the 13th of July*. 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!

On your marks, gets set, go! Watch my videos to see me demonstrating all of the challenges, as well as me trying my best to complete. Who is up for the challenge? Submit your scores and post your videos on Twitter. You can find the videos by accessing these links:

EYFS/Key Stage 1: https://www.youtube.com/watch?v=6vhpi7Du_68&t=361s

Key Stage 2: <https://www.youtube.com/watch?v=C3VTTkLQABs>

There will be 8 challenges for EYFS/Key Stage 1 and 8 challenges for Key Stage 2 for your child to take part in. There will also be a PowerPoint presentation sent out with rules and guidance for how to complete each challenge and how to send the results of each challenge in. Each slide will show a different challenge that will require little or no equipment. All are really easy so everyone can take part!



Please find attached, on the next page, the recording sheet for EYFS/KS1 and KS2. Once each activity is completed, please fill the score in the relevant box and once the whole sheet is completed, you can either send your scores back to enquires@grimoldby.lincs.sch.uk , upload them to the class Twitter page or post your scores through the school letter box with a name, House Team and your score.

Have fun and enjoy taking part in our Virtual Sports Day 2020. Let the challenge commence!

Yours faithfully,

Mr Hopper
Sports Apprentice



EYFS/KS1 Scoring sheet

Challenge 1	Attempt 1	Attempt 2	Attempt 3
Standing Long Jump			

Challenge 2	Total Jumps in 60 seconds
Speed Bounce	

Challenge 3	Total bounces in 60 seconds #1	Total bounces in 60 seconds #2
Tennis ball bounce		

Challenge 4	Total Jumps in 60 seconds
Star Jumps	

Challenge 5	Total 10m Laps in 120 seconds
Egg and Spoon	

Challenge 6	Total time
Tree pose balance	

Challenge 7	Total Jumps in 60 seconds
Frog Jumps	

Challenge 8	Total successful shots
Bucket toss	



KS2 Scoring sheet

Challenge 1	Attempt 1	Attempt 2	Attempt 3
Standing Long Jump			

Challenge 2	Attempt 1	Attempt 2
Keepy ups		

Challenge 3	Total time
Stork Stand balance	

Challenge 4	Total sit ups completed in 60 seconds
Sit ups	

Challenge 5	Total Jumps in 60 seconds
Speed Bounce	

Challenge 6	Total time
Plank	

Challenge 7	Total bounces in 60 seconds
Tennis ball bounce	

Challenge 8	Total Burpees in 60 seconds
Burpees	