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9<sup>th</sup> July 2020

### Virtual Sports Day

Due to current circumstances children have had to miss out on some of the great activities held in the final term of the school year. One of these is our sports day event which many of our children look forward to each year. Unfortunately, we will not be able to run this in our usual format this year.

However, we will be running a **virtual sports day** next week. This sports day will include a series of 6 challenges which have been designed to enable participation for every child, whether they have been able to return to school or not. Coach Dan will be attending to complete the challenges with those children who are attending school. He will ensure there is social distancing as well as sanitised equipment for the children to use.

These challenges can be completed using limited equipment and everyday equipment that may be possible to find around the house. We would like as many people as possible to participate in the events over the coming weeks and would love to get the results in with time to announce the winners before the end of the school year. Please see activities details below and use the score card attached.

We would also like to promote the event via our twitter page and school website. This can be as simple as posting scores online, however we would like to have some photographs of the children completing the events if at all possible. Please forward any photographs that you take to the school office at [office@rotherhithe.southwark.sch.uk](mailto:office@rotherhithe.southwark.sch.uk) along with your score sheet and mark it **for the attention of Coach Dan** in the subject line. If you send photographs to school this will be taken as consent to use on the school's website. You have the right to change your mind about this at any time and can contact the school to request photographs are removed as per your right under GDPR.

Coach Dan is also disappointed that the teachers and parents' races will be unable to go ahead and is sure that some of you are too. Therefore, those parents who wish to show off their skills can also complete the events and submit their scores! Please email your child's score card listing their name on top.

We look forward to seeing the efforts of the children and hope to be returning to our usual fun filled sports day next year.

Yours sincerely  
Lisa Christiansen (Head of School)

## Virtual Sports Day Plan

### Event 1 Throwing

**Equipment:** Bean bag/Toilet roll/rolled up pair of socks  
Hula hoop/bucket/bin (Target)  
Cone/marker or any item to mark a starting point

**EYFS:** Place starting marker down and place target 2 Meters in front of target.  
**Ks1:** Place starting marker down and place target 3 Meters in front of target.  
**Year 3 and 4:** Place starting marker down and place target 5 Meters in front of children  
**Year 5 and 6:** Place starting Marker down and place target 7 Meters in front of children.

NB: As a general rule of thumb a meter is on large stride for adults, if you wish to be more specific and use a tape measure please do.

This challenge is a throwing accuracy challenge. Children have 10 attempts to throw their items from their starting marker into their target. Children should use an underarm throwing technique to help with their accuracy. Children will receive 1 point for every successful throw. There is no time limit on this event, so encourage them to take their time with each throw. Allow your children a couple of practise attempts before their challenge starts. Record the children's score on the score sheet provided.

### Event 2 Speed Bounce

**Equipment:** Toilet rolls/Cereal box  
Timer/Stopwatch

**EYFS:** Time allowed 20 seconds  
**KS1:** Time allowed 30 seconds  
**Year 3 and 4:** Time allowed 45 seconds  
**Year 5 and 6:** Time allowed 60 seconds

Place the object you have chosen on the floor. Children will stand side on to the object, facing forward with the object either on their left- or right-hand side. Continuing to face forward, children will jump with both feet, side to side over their obstacle. Children will continue to repeat this for as many times as they can in their designated time allowance (see above). Children will get 1 point for every successful jump over the obstacle in the time limit. Children can have 2 attempts at this challenge, however I do advise a small break in between each attempt to maximise performance. Record both of their scores on the score card provided.

### Event 3 Running

**Equipment:** 2 x Cones/jumpers/any object that can mark a distance and is visible on the ground.  
Timer/stopwatch

**EYFS:** Place 2 markers on the ground and a 3 Meter distance apart  
**KS1:** Place two markers on the floor at a 5 Meter distance apart  
**Year 3 and 4:** Place two markers on the ground at a 7 Meter distance apart  
**Year 5 and 6:** Place two objects on the ground at a 10 Meter distance apart.

This is a timed challenge event. All children have 1 minute to complete this challenge. Children attempt to run from one marker and back to the other as many times as they can within the time limit, children should touch the marker with their foot or the ground next to it if using an object they may be a trip hazard. For every time a child gets to one of the target markers within the time limit children score 1 point. The total number of times they reach their markers is their final score. Children can have two attempts at this challenge. I advise a break and some water between each attempt, however, only have small sips of water in between events to prevent a stitch. Records both scores on the score card provided.

### Event 4 Step Up challenge

**Equipment:** Stair/Step  
Timer

**EYFS:** Time allowed 20 seconds  
**KS1:** Time allowed 30 seconds  
**Year 3 and 4:** Time allowed 45 seconds  
**Year 5 and 6:** Time allowed 60 seconds

Children will attempt to do as many set ups in the time limit allocated above. Children will step up with one foot, followed by the other, then down with one foot followed by the other. Repeat this process. For every time a child manages to step up to the stair, they receive one point for their score. Total how many times they have managed to step up in their time limit. Children can have 2 attempts at this challenge, record both scores on the provided score card.

Note: Parents can be on the stairs above, or have a pillow placed on the higher stairs in case of a slip/trip. Please also make sure their shoes are properly secure.

### Event 5

#### Plank Challenge

**Equipment:** Timer/stopwatch

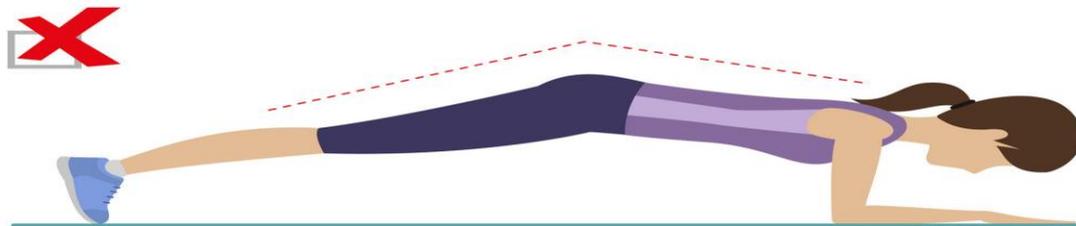
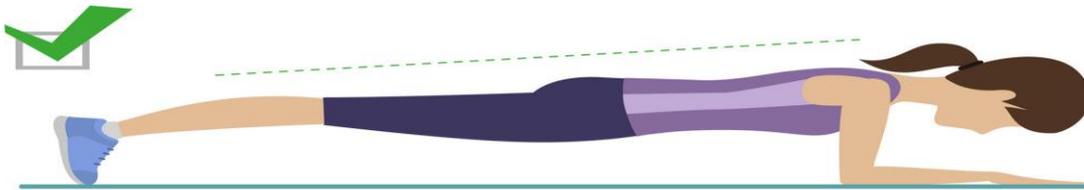
This is a core strength challenge, and children are encouraged to last as long as possible. Children will place themselves in a plank position, with their hands and elbows on the floor. See diagram below. Children should

have their bodies in a straight line, hips tucked in and no bottoms sticking up. Children will then be timed to see how long they can hold this position. Encourage your children to be resilient when it starts to hurt.

Points are awarded based on the length of time they hold their position and can be calculated using the table below.

Time	Points
0 – 10 Seconds	2
11 – 20 Seconds	3
21 – 30 seconds	4
31 – 45 seconds	5
46 – 60 seconds	6
61 – 90 seconds	8
90 – 120 seconds	10
Over 120 seconds	15

Bonus points will be awarded to the longest plank for each year group. So please also fill in the total time on the score card provided.



## Event 6 Balance Challenge

**Equipment:** Timer/Stopwatch  
Toilet rolls

**EFYS:** No additional balancing equipment

**KS1:** Toilet roll on head

**Year 3 and 4:** Toilet roll on head

**Year 5 and 6:** Toilet roll on head and on the BACK of both hands

This challenge is another where children will attempt to go for as long as possible against the clock. The difficulty increases as they get older using the equipment as above. Children will stand **on 1 foot** as the



timer is started. They must try to remain on 1 foot for as long as they can without the equipment falling off. If the equipment falls off or they put their other foot down the challenge has finished. Record their time and

points will be awarded based on the table below. Children can then attempt the challenge standing on their opposite foot. Record their score again.

To help the children maintain their balance encourage them to focus their eyes on a fixed point (something that does not move) this will help them to keep their head still and level.

Time	Points
0 – 10 Seconds	2
11 – 20 Seconds	3
21 – 30 seconds	4
31 – 45 seconds	5
46 – 60 seconds	6
61 – 90 seconds	8
90 – 120 seconds	10
Over 120 seconds	15