



# GETNS Virtual Sport's Day

Friday 12<sup>th</sup> June



As we near the end of the school year, we all know that Sport's Day is a day that many children look forward to. Unfortunately, this year we will not get the opportunity to enjoy this day together. We want to bring the fun and excitement of sports day to your homes! Some of our teachers have had fun creating some challenges for you to take part in. We hope you have fun with the challenges below and enjoy taking part with your family members! Choose as many or as few challenges as you like to compete in (approximately 5 maybe). There are **a lot** of challenges here so please **do not feel under pressure to complete them all!** There is a video at the bottom of each challenge where one of our teachers models the challenge. Fill in the Recording Sheet if you would like to let us know how you get on!



You can share photos or short videos of you completing the challenges directly with your teacher via their email or on Seesaw. If you would like your pictures or videos uploaded to the school website/Twitter email them to [getns.sportsday2020@gmail.com](mailto:getns.sportsday2020@gmail.com) 😊

## Challenges



1. Throwing

2. Long Jump

3. Sprint

4. Standing High Jump

5. Mini-Marathon

6. Egg & Spoon

7. Pan Ball

8. Speed Bounce

9. Ball in Bin

10 Bouncing Ball

★ Bonus Challenge: Solo/Bounce Ball



# Throwing Challenge

## You Will Need:

- ✓ A Start Line- this can be any household object like a piece of rope or a line drawn using chalk
- ✓ A Measuring Tape (One big step is approximately 1 metre)
- ✓ A Tester (parent or sibling)
- ✓ Socks, tennis balls or beanbags as throwing objects
- ✓ A pot, large plastic bowl or bin as your target
- ✓ Chalk to mark the distances from the target or alternatively use sticks/stones

## How To Set Up and Record Your Result:

- Measure a distance of 2 metres, 2 ½ m, 3m or 3 ½ m from your target. You decide how much you want to challenge yourself!
- Your tester will time you for 30 seconds. How many objects can you get in?!
- Complete 3 attempts and record your best one in the recording sheet provided!



# Long Jump Challenge



## You Will Need:

- ✓ A Start Line- this can be any household object like a piece of rope or a plank of wood.
- ✓ A Measuring Tape
- ✓ A Tester with a Marker- this can be any small, movable object like a stone or a pair of socks

## How To Set Up and Record Your Result:

- At the Start Line, stand with your feet about shoulder-width apart, facing forwards with your toes just behind the line.
- When you're ready, dip slightly at the knees and jump as far as you can (just like below), raising your arms up above your head to propel yourself forward as far as possible.



- Try to stick your landing and not stumble forwards and the Tester will place the marker behind whichever heel is closest to the Start Line.
- Complete 3 attempts and move the marker only if you manage to beat your previous effort.
- The Tester will then measure the distance from the Start Line to the Marker to the centimetre (cm) or metre (m), and let you know your result.
- Once you've got your distance, record it in the recording sheet.



Take a look at this video of Byron Jones breaking the World Record for this event:

<https://www.youtube.com/watch?v=D3XlqZaJF9U>

Notice how he uses his arms as he dips and explodes during his take off!





# Sprint Challenge

## You Will Need:

- ✓ A 'Tester' to shout 'On Your Marks, Get Set and Go' and record time
- ✓ A Stopwatch
- ✓ 2 Cones or household/garden objects

## How To Set Up and Record Your Result:



- Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).
- Start in the \*four-point\* start position with both hands on the ground (see image above).
- When the Tester shouts "**On Your Marks**", stand with your feet about shoulder-width apart, with your dominant foot slightly in front, just behind the first cone. Distribute most of your weight on the front foot.
- On "**Set**," bend slightly at the hips and knees, keeping your head and chest up. From here, place your arms in the ready position with one arm high behind your back (this should be the same arm as your dominant foot) and one arm low in front of your body.
- Finally, when the Tester shouts, '**Go**' explode towards the second cone straight ahead.
- Depending on the distance you choose to sprint you may have to cover the course (run up and back) a few times. Complete 3 attempts and record your best one!

**J1-1<sup>st</sup> Class:** suggested distance of 10-20m and the Tester will record how long it takes using the stopwatch.

**2<sup>nd</sup>-6<sup>th</sup> Class:** suggested distance of 40-60m and the Tester will record how long it takes using the stopwatch. The Tester will then inform you of your time in seconds, for example 23.13s.

★ Before you start, get yourself in the mood for this event by watching **Usain Bolt** smash the 100m record way back in 2009- [Usain Bolt Record](#)



# Standing High Jump Challenge



## You Will Need:

- ✓ A high Wall or Fence
- ✓ A Measuring Tape
- ✓ A 'Tester' with a Pencil/Chalk, post-it notes or similar to mark the height of your jump

## How To Set Up and Record Your Result:

- Begin standing sideways to the Wall or Fence you will be using, with your dominant arm (the hand you write with) a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side.
- With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.
- You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you, explode off the ground touching the wall with your dominant hand at the highest point possible.
- The Tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark whilst \*stationary\* and jumping mark at the top of the jump).
- Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort. The Tester will then measure the distance between the two marks in centimetres (cm) and let you know your best result.



## Coaching Tips:

- ✓ Focus on coordinating your arms throughout the movement to make sure they're as high as possible when you touch the wall.
- ✓ Dip down quickly and not too deep into a squat position before executing your jump.
- ✓ Make sure you land in a safe position once you have completed the jump, on two feet with knees slightly bent.



# Mini-Marathon Challenge

## You Will Need:

- ✓ A 'Tester' to shout 'Ready, Steady and Go' and record time and distance
- ✓ A Stopwatch/Timer
- ✓ 2 Cones or Garden Objects

## How To Set Up and Record Your Result:

- Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space). Begin at your starting cone in a standing start position.
- When the Tester shouts, 'Ready, Steady, Go', begin running at a steady, comfortable pace to the second cone, before turning sharply and returning to your original cone.
- You will repeat this for your allotted time, with the Tester counting the number of lengths you can complete.

J1-1<sup>st</sup>Class: Suggested time of running for a total of 3 minutes and the Tester will record how many lengths have been completed in this time.

2<sup>nd</sup> – 6<sup>th</sup>: Suggested time of running for 5 minutes and the Tester will record how many lengths have been completed in this time.

You will then work out your total distance, for example, if your cones are spaced 10m apart and you manage to complete 50 lengths, your total distance will be 500m or if your cones are spaced 20m apart and you manage to complete 30 lengths, your total distance will be 600m.

- Complete 3 attempts and record the time of your best one!



See if you can recreate Mo Farah's epic Sprint finish during the last 30 seconds of your Marathon Challenge - [Mo Farah's Sprint Finish](#)





# Egg and Spoon Challenge

## You Will Need:

- ✓ An Egg (*boiled* to avoid any mess!)
- ✓ A Tablespoon
- ✓ A 'Tester' to shout 'Ready, Steady and Go' and record time
- ✓ A Stopwatch
- ✓ 2 Cones or Garden/household Objects

## How To Set Up and Record Your Result:

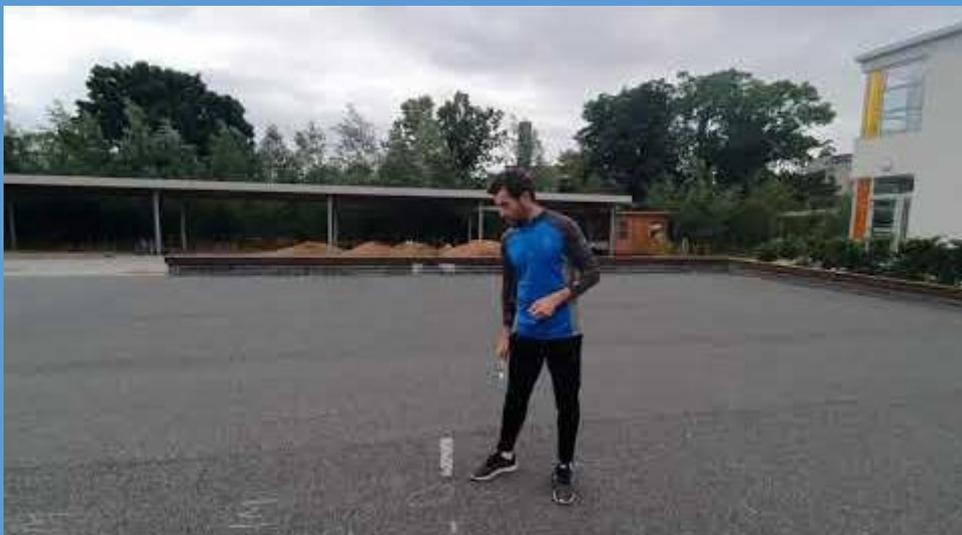
- As per the Sprint set-up, place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).
- Line up at the starting cone with your egg balancing on your top of your spoon. Make sure you have one hand holding the spoon at the **end of the handle** and the other hand **behind your back**.
- When the Tester Shouts "Ready, Steady. . ." tilt forwards slightly and find your balance with the egg and spoon extended slightly in front of your body.
- On 'Go', move as quickly as possible (walk or run) to the second cone and turn carefully before returning to your starting point.
- If you drop your egg off your spoon, you must go back to the beginning and Start again!

J1-1<sup>st</sup> Class: Suggested distance to cover is 20m and the Tester will record how long it takes using the stopwatch.

2<sup>nd</sup> – 6<sup>th</sup>: Suggested 40m and the Tester will record how long it takes using the stopwatch.

- As always, Complete 3 attempts and record the time of your best one!

★ If your eggs survive the race, why not make some tasty egg sandwiches to help you recover after Sports Day!





# Pan-ball Challenge

## You Will Need:

- ✓ A pan, bat or racket
- ✓ A tennis ball, small bouncy ball or a pair of socks
- ✓ A 'Tester' to shout 'Ready, Steady and Go' and record time
- ✓ A Stopwatch

## How To Set Up and Record Your Result:

- The aim of this challenge is to see how many times you can hit the ball against the pan or racket in 20 seconds.
- When your tester says 'Go', start bouncing the ball on the pan.
- Your tester can help you count how many times you hit the ball.
- If the ball touches the ground, you must go back to the beginning and start again!
- Stop counting when the tester says 'Stop!'
- Repeat three times and record your best score!





# Speed Bounce Challenge

## You Will Need:

- ✓ A box of cereal, cone or a similar sized object to jump over
- ✓ A 'Tester' to shout 'Ready, Steady and Go' and record time
- ✓ A Stopwatch

## How To Set Up and Record Your Result:

- A test of speed, rhythm and coordination, see how many bounces you can do in the allocated time.
- If you're using a box of cereal, make sure it's lying flat on the ground.
- Begin with both feet together on one side of the box.
- When your tester says 'Go', start jumping from side to side, over the box.
- Complete as many bounces as possible in the 20-second time limit.
- Both feet must touch each side of the box/cone at the same time for the bounce to count.
- You should be jumping from two feet to two feet.
- Your tester can help you count how many times you jump.
- Stop counting as soon as the tester says 'Stop!'
- Repeat three times and record your best score!





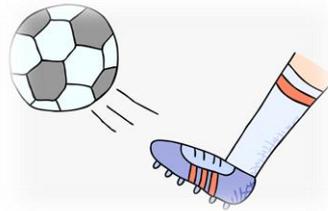
# Ball in the Bin Challenge

## You Will Need:

- ✓ A football
- ✓ A large bin

## How To Set Up and Record Your Result:

- Stand around 2 or 3 metres (or a distance of your choice) away from the bin.
- Try to kick the ball in.
- Record how many tries it takes you!
- Our superstar teacher, Laoise, is a pro so please don't be disheartened if it takes you awhile!





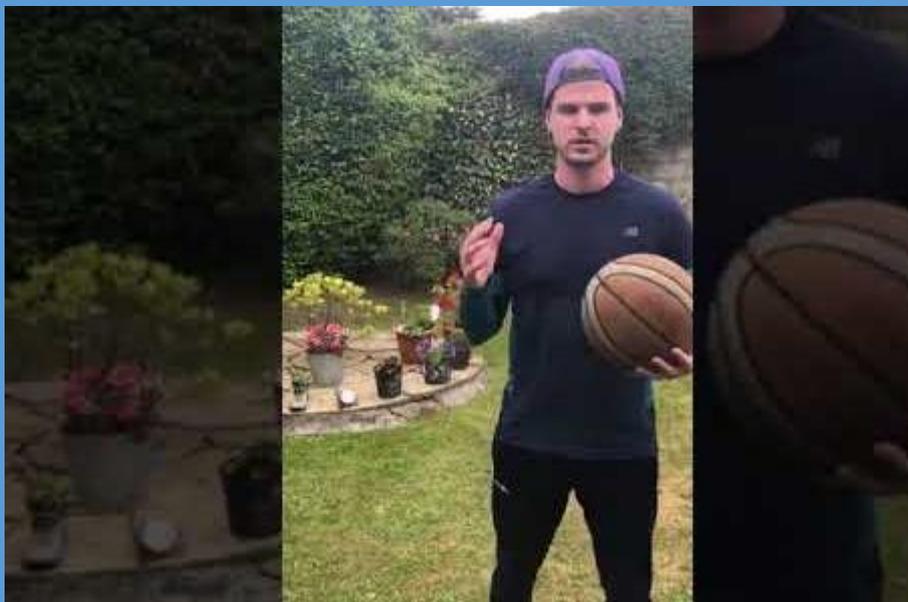
# Bouncing Ball Challenge

## You Will Need:

- ✓ A basketball or any other ball
- ✓ A tester to count your bounces and record your time

## How To Set Up and Record Your Result:

- Stand on one spot, hold the ball in both hands, one hand on top of the ball and one hand on the bottom of the ball.
- Spread your fingers over the ball to give you better control.
- When you start bouncing the ball simply take your hand away from the bottom of the ball to bounce it.
- When the tester says 'Go!' start counting your bounces.
- Time how many bounces you can do in 20 seconds.
- Try to put one hand behind your back and do one-handed bounces to challenge yourself!
- Younger children should use two hands to bounce the ball.





# Bonus Solo/Bounce Ball Challenge

How To Set Up and Record Your Result



or



## Other Optional Activities



- ✚ Set up an **exercise circuit** in your home or garden. You could make signs to remind yourself what to do at each station. Here are some examples to get you started:

10 sit ups, 20 squats, 10 push ups, 20 jumping jacks, balance on your right foot for 30 seconds, then your left foot, jog on the spot for 30 seconds.

- ✚ Put on some of your favourite music and **dance** along. Make up a dance to go with the song. Can you create a mirror dance with a partner? Play musical statues.
- ✚ Have a **house or garden hunt**. Try finding things around the house or garden beginning with all the letters of the alphabet.
- ✚ Take a look at **Cosmic Kids Yoga** for a nice, relaxing break or as a cool down activity.
- ✚ Take out your **skipping** rope. Try to skip forwards/ backwards/ criss-cross. Any other tricks? Count how many skips you can do without stopping.
- ✚ Play on your **scooter/bicycle** or enjoy a fun, active **game** with your family!



# Create your own Obstacle Course

**This is your chance to be your own coach. The final design is up to you!**

We've suggested some possible courses below, but try to be as creative as possible. Feel free to send us a picture of your course set-up and a guide on how to complete it if you like! 😊

## **Option 1 – Basic Course**

Start ► Balance ► Bottle Flip ► Crawl under blanket ► Jumper

**Step 1** – Balance: Balance a plastic cup on your head

**Step 2** – You must bottle flip a ¼ full plastic bottle of water before you can move on

**Step 3** – Crawl under a big blanket

**Step 4** – Put on a Jumper and race to the finish

## **Option 2 – Fitness Course**

Start ► 20 Star Jumps ► 15 Burpees ► 10 Sit Ups ► 5 Press Ups

**Step 1** – Do 20 Star Jumps and run to next station

**Step 2** – Do 15 Burpees and run to the next station

**Step 3** – Do 10 Sit ups and run to the next station

**Step 4** – Do 5 Press ups and run to the finish

## **Option 3 – Timed Circuit**

**(The winner will be whoever can complete the circuit in the quickest time)**

Start ► Bottle Flip ► 10 sit ups ► Plastic Cup Balance ► 10 Burpees ► Jumper and Shorts ► Finish

**Step 1** – Bottle Flip Challenge, once completed, run to next station

**Step 2** – Complete 10 Sit Ups and hop one footed to next station

**Step 3** – Balance Plastic cup until next station

**Step 4** – Complete 10 Burpees and run to next station

**Step 5** – Put a jumper and shorts on over your clothes and run to the finish **(stop the clock!!)**