

Virtual Sports Day

As we are not able to have our annual sports day, we thought it would be nice for you to have your own at home. Here are some events for you to have a go at. These are just ideas so if you want to do other events, please do and have lots of fun!

Virtual Sports Day



1. Sprint

You Will Need:

- A 'Tester' to shout "On Your Marks, Get Set and Go" and record time
- A Stopwatch
- 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). 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. You may also start in the three-point start position with your opposite hand to your dominant leg touching the ground (see image).

Finally, when the Tester shouts, "Go" explode towards the second cone straight ahead, touching it before returning to your starting point. Cover 40 or 60m and the Tester will record how long it takes using the stopwatch.

The Tester will then inform you of your time in seconds (s) to 2 decimal places, 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 <https://www.youtube.com/watch?v=By1JQFxfLMM>



2. Long Jump

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 (stumbling forwards is not permitted) 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 nearest centimetre (cm), for example 137cm and let you know your result.

Take a look at this video of Byron Jones breaking the World Record for this event during the 2015 NFL Combine <https://www.youtube.com/watch?v=D3XlqZaJF9U>



3. High Jump

You Will Need:

- A high Wall or Fence A Measuring Tape
- A 'Tester' with a Pencil/Chalk 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 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 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.

Try putting some of these tips on technique into practice away from the wall to start <https://www.youtube.com/watch?v=Wzwf0eDAMCE>



4. Egg & Spoon Race

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 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! cover 40m and the Tester will record how long it takes using the stopwatch.

You may also use some garden objects to create a simple obstacle course. You can practice keeping your eyes looking out in front at the obstacles whilst changing direction to avoid them.

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



5. Welly Boot Toss

You Will Need:

- A Wellington/Welly boot (make sure to give it a good clean first!)
- 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:

Start by holding the front side of your Welly boot in your strong hand, just below the ankle. Place the boot onto your shoulder, with the sole almost touching the side of your face. This should look like you're about to make a phone call. Stand sideways to your target with your feet shoulder-width apart. The Welly boot should be in the hand furthest from the starting line (Left foot on the start line, Welly boot in your right hand).

When you're ready, quickly move your weight on to your back foot and throw the Welly boot as far as possible by extending your arm and moving your weight back onto your front foot. Your chest should be facing the target once you have released the Welly boot, but you must not cross the Start Line after your throw or this will not count.

The Tester will then place the Marker where the Welly boot first made contact with the ground.

Take a look at this 'Shot Put' demonstration video on YouTube to see how it should be done: <https://www.youtube.com/watch?v=z0auOolG6WU>



6. 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 and send us a picture of your course set-up and a guide on how to complete it.

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 $\frac{1}{4}$ 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 u 20 Star Jumps u 15 Burpees u 10 Sit Ups u 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!!)

