

# Virtual Sports day events notes - WB Monday

## 22nd June 2020

Welcome to the 2020 Highwood Virtual Sports day. This is an opportunity to have fun and represent your house for the final time this academic year. Please feel free to practice the events and then record score on sheet provided and send the results in with your name and house via twitter @highwoodprimPE or email [aedwards@highwood.wokingham.sch.uk](mailto:aedwards@highwood.wokingham.sch.uk) we would love to see any pics or vids of you taking part. Please feel free to wear your house colours 😊

Good luck everybody!!!!!!!!!!!!

**There will be bonus points for the house with the most participants boys and girls. The competition will be EYFS, KS1 & KS2.**

**10 stations - All events are designed to be accessible in school and from home.**

### **Equipment required.**

Small ball - tennis/rounders/sponge or pair of rolled up socks.

Striking implement - tennis racquet, cricket bat, frying pan, rolling pin

Hat, Scarf, Sun glasses, t shirt, shorts shoes

Markers X 10- cones, tins, anything to mark areas

Tape measure

Stop watch/Timer on mobile phone

Bean bags or 10 pairs of rolled up socks

**Event 1** - Egg and spoon race - Mark out a distance using your markers A & B, 5 metres apart. Utilising your striking implement and small ball run from marker A to B and back as many times as you can in 60 seconds balancing the ball on the spoon/striking implement, if it falls, you need to place it back onto the spoon before continuing. Run with no hands touching the ball. Record how many circuits completed. (1 circuit = A to B & back to A)

**Event 2** - Dressing up - Using your 5 metre markers again, place the hat, scarf, Sunglasses, t shirt, shorts & shoes at start marker A. Put on all of the dressing up items and once all clothing is on, run to marker B and back as quickly as possible, then

remove the dressing up again before completing another run, record the number of (there and back) runs completed in 2 minutes.

**Event 3** - Sprint - Sprint as fast as you can from Marker A to B and back. Keep going for the 60 seconds, how many laps can you complete? (1 X Lap = A to B and back to A)

**Event 4** - Hockey - Utilising your striking implement, dribble the ball as fast as you can from Marker A to B and back for 2 minutes. How many laps can you complete? (1 X Lap = A to B and back to A)

**Event 5 Rest/Water Station.** Have a well deserved drink.

**Event 6- Golf 1 - Putting mania** - Place two rows of markers 3 steps away from start position (1 Step away for EYFS) 1M apart creating a tube as a target. How many times from the starting position can you strike the ball through the tube in 2 minutes. Score a point for every successful putt through the tube. Collect the ball each time, the faster you collect the ball for another go, the more goes you get the more points you potentially score. Duration of 3 minutes.

**Event 7** - Enduro -Place 3 sets of markers 2 metres apart. Start run, first markers, complete 10 star jumps, then to second markers 10 Sumo Squats, third markers 10 hops on one leg then sprint back and repeat. How many circuits can you complete in 2 minutes.

**Event 8-** Standing Long jump - Stand behind a starter marker and from standing jump 2 feet to 2 feet and record your distance from starter cone to back of the heel (nearest point to starter marker) with the tape measure. Repeat this 3 times and submit your best jump on the record sheet. (0cm-30cm 2pts, 31cm-80cm 3 pts, 81cm-120cm 4pts, 121cm-165cm 5pts, over 166cm 10pts)

**Event 9** -Atalanta - Make 2 hoop shapes with your markers 5 metres apart. Place all 10 rolled up socks in one of the hoops. Run from empty hoop (start) and pick up one bean bag at a time and place in starter hoop. Repeat this until all of the socks are collected. How many socks can you collect in 60 seconds. Note only one pair of socks at a time!

**Event 10/Finish - Rest/Water Station.**