



Chalkhill Primary School



Virtual Sports Day Event

Monday 6th July to Thursday 9th July 2020

The Virtual Sports Day event will consist of 11 athletic challenges and we would like to invite the whole School community (pupils, siblings, parents, staff, governors and other family members) to take part. All participants will represent their child's/children's allocated House group, whilst also having the opportunity of winning individual virtual 'Athlete of the Class' awards within their own categories. The winners and the winning House group will be announced on Monday 13th July.

All family members are encouraged to take part in this event, however where this isn't possible, it is strongly recommended that parents discuss the relevant health and safety guidelines of each event with their children before allowing them to participate in the events. This will be the last full School sporting activity of this academic year and we are looking forward to maximum participation across all the year groups, be it at home, in your gardens and/or in a local park; following the Government social distancing guidelines. All information regarding the event will be made available to pupils and yourselves via Seesaw/ClassDojo, on Thursday 2nd July, which will also include a pre-formulated scoresheet.

The events will be:

- **Throw and catch a rolled up pair of socks**
- **Alternate leg lift**
- **Press up challenge**
- **Burpees**
- **Shuttle run**
- **Skipping**
- **Pan and sock (egg and spoon)**
- **Speed bounce**
- **Target throw**
- **Chalkhill Open Space run**
- **Sock keepy-uppies**

The scoresheet will need to be re-uploaded to your child's Seesaw/ ClassDojo account by no later than 2.00pm on Friday 10th July 2020 to be entered into Virtual Sports Day. To celebrate the efforts and achievements of the school community during our Virtual Sports Day, we would encourage all families to take pictures of themselves competing within the events and upload these with the scoresheet to your Child/children's Seesaw/ClassDojo account. Any photos uploaded may be used for a celebratory school video of the event, so please only upload photos you are happy to be shown on the school website/social media outlets.

Staying active during this time is key to maintaining a healthy lifestyle and so, as with the previous PE and Sporting Challenges, we would ask you to continue to encourage your child/children to participate in all the activities and this year, you can also take up the challenge yourselves and join in.

Yours in Sport, Stay Active,





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Throw and catch a rolled up socks

You make a nice ball out of a pair of socks. Throw it up in the air and catch it again. How many times can you do that in 30 seconds? If you drop the sock, you stop counting and start again. You record the highest number of throws and catches you can achieve without dropping the sock on the floor.

You will need: stop watch, a pair of socks.

Alternate leg lift

You lie down on the back and stretch your legs. Then start lifting one leg at a time, alternating legs. How many times can you lift a leg in 30 seconds?

You will need: stop watch

Press up challenge

Press up challenge is exactly what it says it is – it challenges you to do as many press ups as you can do in 30 seconds. You start with stretched arms and then bend your elbows until you come close to the floor and then lift yourself back up.

If you find it a little too hard, you can do it on the knees.

You will need: stop watch

Burpees

Stand with your feet shoulder-width apart, then bend your knees and lower your body into a squat. Place your hands onto the floor directly in front of you and jump into a front support {press up position}. Then jump back into a squat and jump high with stretched arms. How many can you do in thirty seconds?

You will need: stop watch

Shuttle run

Place two objects 5 metres apart. You will run around the objects. How many laps can you finish in 30 seconds?

You will need: stop watch, two objects (e.g. two shoes or two socks, or two cones)

Pan and sock (egg and spoon)

Place two objects 5 metres apart. You will run around the objects, holding a pan upside down, with a ball of socks on it. How many laps can you finish in 30 seconds?

You will need: stop watch, two objects (e.g. two shoes or a pair of socks, or two cones), and a pan.





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Skipping

With a skipping rope, you will be jumping with both feet at the same time for 30 seconds. Each rotation of the skipping rope is worth one point. How many can you get?

You will need: stop watch, skipping rope

Speed bounce

You will place a rolled up sock on the floor next to you. The task is to jump over the sock side to side as many times as you can in 30 seconds. Each jump is worth 1 points.

You will need: stop watch, a pair of socks.

Target throw

Place a large pot from the kitchen onto the floor. You will be throwing 3 pairs of socks from a 4 metre distance into the pot. Each ball of socks in the pot is a point!

You will need: a pot from the kitchen, 3 pairs of socks.

Chalkhill Open Space run

To do this, you will need to go to our “sports day field”. It is called Chalkhill Open Space and is located off St David’s Close near the school. If you live too far, you can ask your parents to help you to measure the same length – **350 metres** – using their smart phone. You will run one lap (or the same distance) as fast as you can. You will record the time when you have crossed the start/finish line.

You will need: stop watch (maybe a smart phone to measure the distance)

Sock keepy-uppies

You make a nice ball out of a pair of socks. You will then attempt to do keepy-uppies. How many can you do in row? If you drop the sock, you stop counting and start again. You record the highest number of keepy-uppies you can achieve without dropping the sock on the floor.

You will need: stop watch, a pair of socks.

