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**Virtual Sports Day**

**Wednesday 8th July 2020**

Suggested programme of the day:

Reception and Key Stage 1 will be during the morning and Key Stage 2 will be during the afternoon

**10:00am Welcome from Headteacher – please join us on Teams for this.**

Reception and Key Stage 1 programme:

10:10am Sprint shuttle run

10:30am Target throwing

11:00am Dribbling run

11:30am Balancing slalom run

**Key Stage 1 results should be submitted via the link below by 2:00pm**

Reception and Key Stage 1 results link: <https://forms.gle/i7fq11MKscxuihhz6>

Key Stage 2 programme:

1:30pm Sprint shuttle run

2:00pm Target throwing

2:30pm Dribbling run

3:00pm Balancing slalom run

**Key Stage 2 results should be submitted via the link below by 5:00pm**

Key Stage 2 results link: <https://forms.gle/n3p3q9zzNFy2812A6>

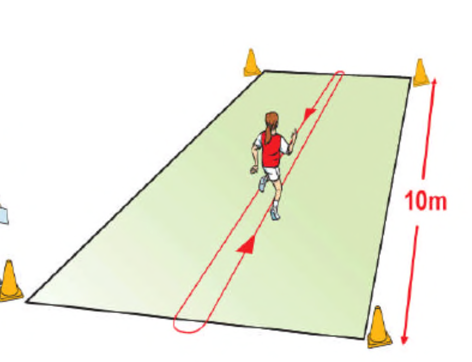
Please take some photos and videos of your children taking part in their activities so we can create a video of North Stainley Virtual Sports Day and send them to: admin@northstainley.n-yorks.sch.uk

**North Stainley**

**Virtual School Sports Day**

**Event 1**

**Sprint – shuttle run**



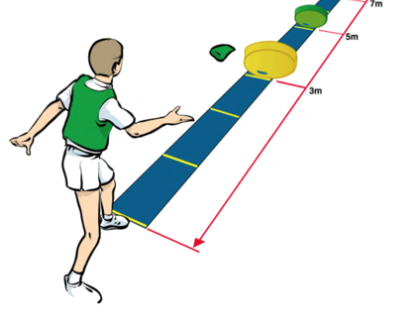
**Rules**

* **Start behind the start line**
* **Run to the opposite line and ensure you place a foot over the line before you return.**
* **See how many shuttle runs you can do in 60 seconds**
* **If however, every time you didn’t step over the end line at the end, you don’t get your point for that length.**

**Body**

* **Ensure you plant that foot over the end lines and get low in your turn and then drive away.**

**Target Throw**



**Rules**

* **The participant stands behind a line and throws three items into the target placed 3m. The target is then moved to 5m and the process is repeated.**

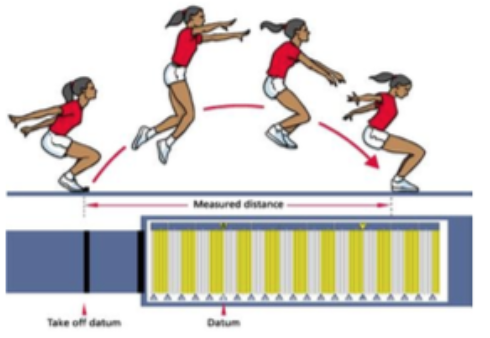
**Scoring:**

* **4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target**

**Event 2**

**Event 3**

**Standing Long Jump**

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**Rules**

* **The participant should stand behind a line and start from a standing position and jump as far as possible landing on two feet**
* **You should start on two feet and land on two feet.**
* **You are not required to hold the landing position but if you fall back or step back towards the jump, the jump should not be recorded – have another go!**

**Scoring**

* **Your score is your jump measurement.**

**Event 4**

**Balancing Slalom Run**

**Rules**

* **Start behind the start line with a tennis ball balancing on a spoon or racket.**
* **Slalom through the cones while balancing your tennis ball on a spoon or racket, when you get to the blue cone run straight back to the start line. Keep going for 60 seconds.**
* **See how many balancing shuttle runs you can do in 60 seconds**
* **Every time you pass the start line you get one point.**
* **If your ball drops of your spoon, just pick it up and carry on until your time is up.**



10 m









**Equipment required**

|  |  |  |
| --- | --- | --- |
| Events | Equipment required | Adapting equipment |
| Event 1  **Sprint – shuttle run** | Image result for images of a tape measureSee the source image | Image result for images of a can of beansImage result for images of a mobile phone |
| Event 2  **Target throw** | Image result for images of a tape measureImage result for ball round your back imagesImage result for images of hoopsImage result for image of washing basket | Image result for images of chalkImage result for images of a can of beansImage result for images of a mobile phone  Chalk |
| Event 3  **Standing Long Jump** | Image result for images of a tape measureImage result for images of chalk | Image result for Children's Scarf  Image result for images of a string  Image result for images of a ruler  Ruler String Scarf |
| Event 4  **Balancing Slalom Run** | Image result for images of a tape measure  See the source image Image result for ball round your back images Image result for images of a wooden spoon  Recording sheet | Image result for images of rolled socksImage result for images of a mobile phoneImage result for image of racket  socks |

|  |  |  |
| --- | --- | --- |
| **Event** | **Practise** | **Final Score** |
| **Sprint shuttle run** |  |  |
| **Target throwing** |  |  |
| **Standing Long Jump** |  |  |
| **Balancing slalom run** |  |  |

**Please submit your results by the following link:**

**Reception and Key Stage 1 by 2:00pm -** [**https://forms.gle/i7fq11MKscxuihhz6**](https://forms.gle/i7fq11MKscxuihhz6)

**Key Stage 2 results by 5:00pm -** [**https://forms.gle/n3p3q9zzNFy2812A6**](https://forms.gle/n3p3q9zzNFy2812A6)