



Name:

Term 4 always includes our annual Sports Day. Unfortunately, it is not possible for this to happen in the usual format. Instead, we have put together a 'Virtual Sports Day' which we hope will be a fun alternative that you can take part in at home.

- The grid below shows the 8 events that we would like you to take part in. Practise hard first. Do as many as you can.
- More information on how to complete each event is detailed on the rest of this document.
- On Wednesday (17th June) a special 'form' will be available on the School website for you to submit your results. We trust everyone to be honest.

The Sprint



Full runs in 1 minute

Long Jump



centimetres

Egg and Spoon Race



Full runs in 1 minute

Skittles



points

Photo Challenge



Let's fill our Clerkhill Primary Facebook Page with photos of our virtual sports day!
Ask an adult for permission to use the photos and upload them for you.

Toilet Roll Challenge



Full runs/jumps in 1 minute

Sack Race



Full runs/jumps in 1 minute

Trophy Challenge



Design a trophy for your House.

THE 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 3 metres (m) apart on a flat, non-slip surface.
- 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, run around it before returning to your starting point.

Pupils should count how many 'full' runs they can do in 1 minute – A 'full' run = From starting cone, around second cone and back is counted as one full run.

The tester will tell you when 1 minute has passed and let you know your score.

How to prepare:

Perfect the 'standing start' by practising every day.

To improve Hip to Lip technique:

- Start by sitting on the ground with your chest up, moving hands and pointed fingers from Hip to Lip. Try keeping your elbows bent.
- Progress by standing on the spot moving hands only.
- Then, march on the spot with hands moving in co-ordination with knees.
- Move from a march to a jog, before finally finishing with super speed sprint on the spot, with hands moving from Hip to Lip on every step.

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>.

Coach Tips:

- Try to push off as hard as you can from your starting point when the Tester shouts "Go". Imagine a plane taking off on the runway.
- Move your hands using the 'Hip to Lip' technique.
- When turning ensure that you stay low and explode off the line each time to accelerate as quickly as possible.

THE 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, raising your arms up above your head to propel yourself forward as far as possible.
- Try to plant 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.

How to prepare:

- Practise your vertical jump squats to get used to planting your landing before taking on the Long Jump.
- Start with a short forward jump and focus on planting your landing before trying to jump for distance.
- 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>.

Coach Tips:

- Make sure to dip just before take-off to generate some momentum for your jump.
- Use your arms to maximise your distance. On landing, bend your knees to soften the impact and bring your arms forward to help you maintain your balance.
- Imagine there is glue on the soles of your feet when landing.

THE EGG AND SPOON RACE

You will Need:

- An Egg (boiled to avoid any mess!) Or a raw potato.
- 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 3 metres (m) apart on a flat, non-slip surface
- Line up at the starting cone with your egg balancing on 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. Do not touch the egg!
- 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 go around it before returning to your starting point.
- If you drop your egg off your spoon, you must go back to the beginning and Start again!
- Pupils should count how many 'full' runs they can do in 1 minute – A 'full' run = From starting cone, around second cone and back is counted as one full run.
- The tester will tell you when 1 minute has passed and let you know your score.

How to prepare:

- Before you start to move with your egg and spoon, try simply balancing the egg on your spoon in a stationary position. You can progress this by balancing on each leg before adding movement.
- Start at walking pace and when you feel comfortable, try to go a little bit faster.
- You may also use some garden objects to create a simple obstacle course. You can practise, 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!

Coach Tips:

- The key to this event is concentration. As your technique improves, try to get used to looking where you are going to make sure you're turning right at the cone each time.
- "Slow and steady wins the race." It's important that you don't drop your egg or this could cost you serious time. Take your time and try to complete the race without any fumbles.
- You can begin with a larger spoon to get comfortable and work on your speed, but must use a tablespoon when recording your result on Sports Day.

SKITTLES

You will Need:

- A 'Tester' to record your score
- 6 empty bottles
- A ball
- A tape measure
- Something to mark the start line – tape, chalk, string....



How to set up and record your result:

- Arrange the 6 bottles into a triangular formation as shown
- Mark out a start line 3 metres back from the front bottle.
- Stand behind the line and roll the ball along the ground towards the set of bottles.
- Count how many skittles you knock down.
- To create your final score you should repeat this 3 times and add up the totals.
- **Each time set all six skittles back up again.** For example : Roll 1 (knock down 3) – reset skittles, Roll 2 (knock down 5) – reset skittles, Roll (knock down 6). Total score would be $3+5+6 = 14$ points.



How to prepare:

- Try some target practise using only one bottle to begin with
- Experiment with which bottle you should aim for to ensure the highest possible number fall down.
- The rules do not mention what size of ball to use. Do you get better results if you use a tennis ball instead of a football? Try a few different balls.
- Think about speed. If you roll the ball fast is it better or worse?

Coach Tips:

- Try to keep your body facing the skittles as you roll the ball.
- When you swing your arm forward to release the ball try to do so using a continuous motion. Try not to jerk your arm.

THE TOILET ROLL 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
- A toilet roll (new, full roll please)



How to set up and record your result:

- Place your 2 Cones or Garden Objects 3 metres (m) apart on a flat, non-slip surface
- Begin at your starting cone with your feet together and with the toilet roll gripped between your knees. No hands are allowed to be used to hold onto the toilet roll.
- When the Tester shouts, "**Ready, Steady, Go**", begin jumping towards the second cone, before jumping around it carefully and returning to your original cone. At ALL times your feet should be together and the toilet roll kept between your knees.
- If you drop your toilet roll, you must go back to the beginning and Start again!
- Pupils should count how many 'full' jump/runs they can do in 1 minute – A 'full' jump/run = From starting cone, around second cone and back is counted as one full jump/run.
- The tester will tell you when 1 minute has passed and let you know your score.

How to prepare:

- Practise your jump with and without the toilet roll between your knees. 2 footed jumps.
- Try using your hands to propel yourself forward with each jump.
- Experiment with the toilet roll to discover the best way to position it between your knees.
- Skipping helps develop good jumping techniques. Try using a jump rope to get the perfect 2 footed jump.
<https://www.youtube.com/watch?v=r47Y5Va13eQ>

Coach Tips:

- Dip down quickly and not too deep into a squat position before executing your jump.
- Keep those knees firmly together.
- Make sure you land in a safe position once you have completed the jump, on two feet with knees slightly bent.

THE SACK RACE

You will need:

- A Sack or Pillowcase or Sleeping Bag
- 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 3 metres (m) apart on a flat, non-slip surface.
- When the Tester shouts "On Your Marks", step into your sack and stand with your feet together, just behind the first cone. On "Set," pull the sack up and bend slightly at the hips and knees, keeping your head and chest up.
- Finally, when the Tester shouts, "Go" explode towards the second cone straight ahead, jump/run around it before returning to your starting point.

Pupils should count how many 'full' runs they can do in 1 minute – A 'full' run = From starting cone, around second cone and back is counted as one full run. Remember you must keep both feet in your sack at all times.

The tester will tell you when 1 minute has passed and let you know your score.

How to prepare:

- Practise your vertical jumps to get used to planting your landing.
- Start with short forward jumps without the sack before practising with it.
- Before you start, get yourself in the mood for this event by watching this world record attempt for the fastest 200m sack race -

<https://www.bing.com/videos/search?q=world+record+for+sack+race&docid=608024879024311178&mid=F673B15154A37DF38A80F673B15154A37DF38A80&view=detail&FORM=VIRE>

Coach Tips:

- Try to push off as hard as you can from your starting point when the Tester shouts "Go". Imagine a plane taking off on the runway.
- Keep your feet together.
- Hold on to your sack at all times with at least one hand.



**Design a trophy for
your School House.**

Whether you are Eden, Grange, Links or Richmond, design a trophy that you'd be happy to win on Sports Day.

Draw it upon the 1st place block on this template or on your own piece of paper.