

Virtual Sports Day 2020

Competition guidance:

- Fairness, good sportsmanship, giving your best effort and honesty are the keys to making the event work in this unusual situation.
- It is important that the idea of Sports day is to have fun.
- Use any open space available (maintaining social distancing and staying safe). It could be your garden, the local play area or the skate park (if open to the public) or even if out on your daily exercise whilst taking a walk across a footpath (make sure no animals will be startled by your activities).
- Basic equipment will be required (balls, tennis racket etc) but don't worry if you don't have it, try and make do with what you can find or adapt the event accordingly.
- Distances mentioned are approximate when marking out events. Pacing it out is fine.
- There will be different requirements for each event depending on children's age eg EYFS/KS1, LKS2 and UKS2
- Record your best score for each event (with scrupulous Olympic Judge honesty) and record it in the recording sheet. Points are awarded for each event (max. of 5 points) depending upon your achievements and there is a maximum total of 25 points available.
- Take pictures of your sports day events and exertions.
- Email your scores and photos to your class email.
- The overall total for each house will be calculated and the winning house announced in due course.

Event information:

1. Running

Mark two points with cones/marker etc that are 10 paces apart. The idea of this event is to see how many complete shuttles (an up or a back) children can complete in 45 seconds (stopwatch/timer required)

Points are awarded as follows:

Points awarded	Score (completed shuttles)		
	EYFS/KS1	Year 3/4	Year 5/6
1	2	3	4
2	5	6	7
3	7	9	10
4	9	12	12
5	11	13	16

2. Target throw

Place a target eg a bucket, hula hoop etc 4 paces away. Children have 15 attempts to get an object eg a tennis ball, small soft toy etc into the target. Points are awarded as follows.

Points awarded	Score (times object in the target)		
	EYFS/KS1	Year 3/4	Year 5/6
1	2	3	4
2	3	4	5
3	4	6	7
4	5	8	9
5	7	10	11

3. Ball balance

Mark two points with cones/marker etc that are 10 paces apart. The idea of this event is to see how many complete shuttles (an up or a back) children can complete in 45 seconds (stopwatch/timer required) whilst balancing a small ball (KS2) or a small soft toy (EYFS/KS1) on a racket or bat. If you don't have a tennis racket or bat you could improvise with an upside-down frying pan. If the ball/toy falls off, stop and replace it before continuing and no holding the ball! Points are awarded as follows.

Points awarded	Score (completed shuttles)		
	EYFS/KS1	Year 3/4	Year 5/6
1	1	3	4
2	2	4	5
3	3	5	6
4	4	7	8
5	6	9	10

4. Distance throw

How far can the children throw a **small ball/small soft toy/beanbag**. Children have 5 attempts and their greatest distance counts. Measure the distance in paces to the point where the object first bounces (not where it comes to a stop). Points are awarded as follows.

Points awarded	Score (distance of longest throw in paces)		
	EYFS/KS1	Year 3/4	Year 5/6
1	2	5	8
2	4	8	11
3	6	12	15
4	10	15	20
5	15	25	30

5. Football dribble

Place 5 cones/markers in a line each 2 paces apart. The idea here is to dribble a **football or similar sized ball** in and out of a series of **cones/markers**, completing as many shuttles (an up or a back) as possible in 1 minute. Points are awarded for the number of completed shuttles.

Points awarded	Score (completed shuttles)		
	EYFS/KS1	Year 3/4	Year 5/6
1	1	2	3
2	2	3	4
3	3	5	6
4	4	7	8
5	5	8	9