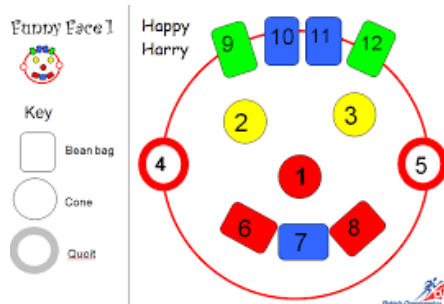


Virtual Sports Day - 5th and 6th class

There will be 7 events in our Virtual Sports day. You can do them in any order with brothers, sisters, parents etc.

- These games are only guidelines and can be changed where needed. If any of the tasks appear too easy/too difficult then you could:
Increase or decrease the space or distance
Change the task
Change the equipment- make it bigger or smaller
Add, involve or change the people playing the game.
- Equipment needed: Hula hoop (or skipping rope) bean bags (or rolled up socks) quoits (or circles cut from cardboard) cones (or cans of beans, boxes etc) football, skittles (or empty 2L bottles) spoon, egg, sack

1. Running: Make the Face



Watch the video at:

<https://youtu.be/wukOb2owk>
WY

Use the equipment indicated or any similar household equipment and map key to create the Funny Face accurately using information on the map.

Set up equipment as shown.

Put out extra if available to allow for mistakes. Explain to children the concept of the word 'symbol'.

Pupil is given a Funny Face map, runs to their pile of equipment, selects the right piece for No 1 on their map, then places it in appropriate place in their Funny Face hoop / rope.

The pupil then runs back and hands map to other person.

Continue till Funny Face is complete.

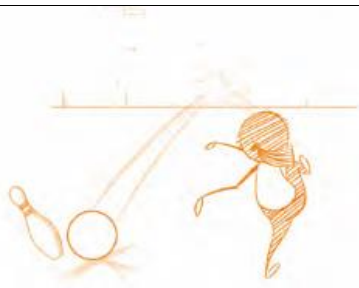
There is a full range of faces available free at the link below.

https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf

2. Kicking: Rebound Ball

Arrange pupils in groups of four with one cone/skittle and one football each.

The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball



Watch the video:

<https://youtu.be/KHoYnuwCoOc>

next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall.

A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line. Vary the equipment

3. Balancing: Obstacle Course



Watch the video:

<https://youtu.be/sXjDO9G2JQY>

Invite pupils to set up and run their own obstacle course with parameters as set out below.

Use any equipment available - household or otherwise.

Invite pupils to do the obstacle course, time themselves and try to beat their original time.

Obstacle courses should have:

- A strong starting and finishing shape
- At least 3 different forms of movement
- 3 rolls
- 3 dynamic balances

4. Throwing: Bowling



Watch the video:

<https://youtu.be/cg9gURRP63c>

Use cones to set up a bowling lane approximately five metres in length for each group.

At the end of the bowling lane place five skittles as targets. Each bowler has three balls to knock over as many skittles as possible. All bowlers take a turn and then Replaced the knocked skittles.

Keep your score. The pupil that knock over the most skittles wins. Increase difficulty by increase the distance between the thrower and the skittles or decreasing the width of the lane

5. Landing: Ireland, England, Scotland, Wales

Arrange the children in 3's. The 2 children on the outside have the elastics/skipping rope wrapped around their ankles to start.



Watch the video:

<https://youtu.be/d2EhxsozH5k>

All the children chant the rhyme:
"England, Ireland, Scotland, Wales. Inside, Outside, on the rails".

The children follow the routine as per the accompanying video. If the pupil is successful at the ankles, the elastics get moved up to the knees and then the hips. If children are working solo, they could wrap the elastics around some chairs, a washing line, parents or older siblings' legs

6. Traditional School Sports Day: Egg and spoon race



Watch the video here:

<https://youtu.be/4yMS0IuPZD0>

Each pupil gets a spoon and an egg (hardboiled or plastic) or a potato works too. Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the pupil must stop and retrieve it.

7. Traditional School Sports Day: Sack Race



Watch the video here:

https://youtu.be/A7XYZ_HL6Q

Each pupil puts both legs into sack and hops around a cone, or some marked point, and back, tagging the next person in line. Then, the next pupil in line gets into the sack and repeats the once-around the cone course. The Pupil or team to the finish line wins