



## Virtual Sports Day - Junior Infants, Senior Infants, 1<sup>st</sup> 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: Ball, cones (or cans of beans, boxes etc) skittles (or empty water bottles) spoon, egg, sack

<p><b>1. <u>Running: Traffic Lights</u></b></p>  <p>Watch the video: <a href="https://youtu.be/Uj9_pdx_vEA">https://youtu.be/Uj9_pdx_vEA</a></p>	<p>Invite pupils to find a space in a large open playing area where they are not in contact with anyone else.</p> <p>On a signal, pupils move around the playing area in response to the following commands. Turn it into a game of moving statues to develop.</p> <ul style="list-style-type: none"><li>• Red: stop</li><li>• Amber: walk</li><li>• Green: run</li></ul>
<p><b>2. <u>Balancing: Walk the Line</u></b></p>  <p>Watch the video: <a href="https://youtu.be/y_v3a56R1DE">https://youtu.be/y_v3a56R1DE</a></p>	<p>Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to:</p> <ul style="list-style-type: none"><li>• turn fully around in the middle without losing balance or toppling off the line</li><li>• complete the task with their eyes closed (in pairs with one pupil acting as a guide)</li><li>• hold a shape for a count of three as they balance on the line.</li></ul>
<p><b>3. <u>Kicking: Through the Gate</u></b></p>	<p>Arrange pupils in pairs with one ball per pair.</p>



Watch the video:

[https://youtu.be/Owcn\\_Ygvy8I](https://youtu.be/Owcn_Ygvy8I)

Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away.

Set up a gate between each pair using two cones. You could also use cans of beans, boxes etc for cones.

Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate.

Single pupils could play the game off a wall. Increase the distance to increase difficulty. Add some targets.

#### **4. Throwing: Knock em down pinball**



Watch the video:

<https://youtu.be/BwUf9mXm4Y>

Arrange pupils in groups of four or pupils can play in pairs or singly.

Pupils line up fifteen metres apart, either side of a line of skittle targets as shown. You could use empty water bottles for skittles. Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side.

Continue playing until all of the skittles have been claimed.

#### **5. Landing: Jack Be Nimble**



Watch the video:

<https://youtu.be/nllViOJhowc>

Arrange the children in pairs and scatter the cones randomly around the playing area. Pupil A chants the rhyme below for pupil B who must jump off two feet over the cone (the candlestick) and attempt to land safely on the other side of the cone. Pupil B should jump over three cones while pupil A is saying the rhyme:

**'Jack be nimble, Jack be quick, Jack don't land on the candlestick'.**

After pupil B has completed three jumps and three landings, swap roles and play again

## **6. Traditional School Sports**

### **Day: Egg and spoon race**



Watch the video here:

<https://youtu.be/4yMS0IuPZDO>

Each pupil gets a spoon and an egg (hardboiled or plastic). 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](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