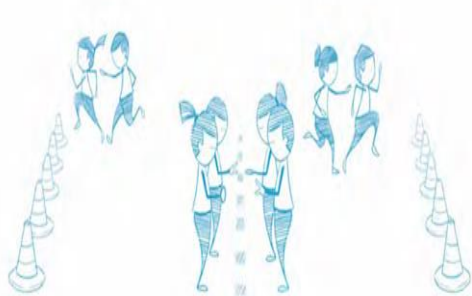


Virtual Sports Day - 2nd - 4th class

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: football, tennis ball (or any small ball) cones (or cans of beans, boxes etc) spoon, egg, sack

1. Running: Rock, Paper, Scissors, Tag!



Watch the video:

<https://youtu.be/oYCPKHFvveM>

Arrange pupils in pairs, standing one metre apart and facing each other.

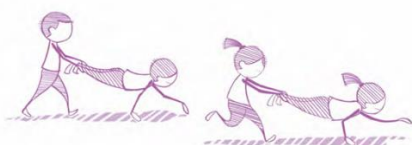
All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine.

A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position.

Paper always covers rock, rock breaks scissors, and scissors cut paper.

To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.

2. Balancing: Wheelbarrow Races



Arrange the pupils in pairs.

Set up two lines of cones, 20m apart and invite pupils to find some space along the line.

One pupil adopts the high plank position and their partner lifts their legs below the knee.

Watch the video:

<https://youtu.be/I9X8PowdAU>

The pupil holding the high plank moves their hands to go forward, with their partner carrying their legs behind. Invite pupils to move themselves travelling from one cone to another

3. Kicking: Kick to Score



Watch the video:

<https://youtu.be/XCGol4Y2Txk>

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Pupils could try to score a penalty on Mom, Dad or a big brother or sister

4. Throwing: Tennis Ball Challenge



Watch the video:

<https://youtu.be/KxD8V6xvsLk>

Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.

5. Landing: Jockeys Up



Arrange children in pairs (horse and jockey) and invite them to find their own space in an open playing area. Ensure partners regularly switch roles. On a signal the children carry out the following movements:

- Under the bridge - the jockey crawls under the horse's body.
- Long way to town - the jockey jumps clockwise in a circle around the horse.
- Short way to town - the jockey jumps anticlockwise around the horse.
- Trade your horse - all jockeys find a new partner.

6. Traditional School Sports

Day: Egg and spoon race



Watch the video here:

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

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