



High School Induction- Day 1

Welcome to your first high school induction day activities!

Usually on your first visit to the high school, you get the opportunity to take part in lots of fun sports activities in your house groups. This is usually an opportunity for you to meet people in your house from the cluster primary schools. Today you are going to take part in this from home and you can keep us updated through Seesaw. You can use technology to take part in these activities virtually with your friends across the stage in P7 or do them with your family.

Activity 1 – Mearns Castle PowerPoint

Access the Mearns Castle P.E. Transition Information PowerPoint by either going onto their website or typing in the following link:

<https://blogs.glowscotland.org.uk/er/MearnsCastle/p7-transitions-2020/>

Read through the PowerPoint to find out more about:

- The sports you have taken part in already
 - Your P.E. teachers
- Sports facilities at Mearns Castle
 - What the P.E. kit looks like
- Clubs you can attend at Mearns Castle
- Skills that you will develop at high school
- SQA Qualifications you can achieve linked to P.E.



Activity 2 – Planning

Today we would like you to create a detailed plan of your “**Dream Lockdown Sports Day**”.

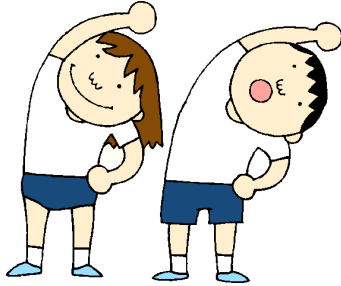
We would love to see you think outside of the box and be as inventive as you can with your activities. You could include some of the ideas from the High School's PowerPoint or sports that you have a particular interest in. However, remember the following when planning:



- **Be realistic** – create a plan that you can successfully carry out. Only use any equipment and materials that you already have in your home or garden.
- **Indoors or Outdoors** – will your sports day be held in your home or in the garden? Think about how you will organise the space that you have.
- **Events** – which events will you include in your sports day? You can use traditional activities such as: egg and spoon, 3-legged race, or relay race, or you can create your own unique events.
- **Virtually or with family** – who will take part in your sports day? Think about if you will compete virtually with your friends via video calls, or go head to head with your family. Maybe you will include both!
- **Scoring system** – how will you record the scores? You could create your own points system online using Google Forms or use a clipboard and scoring sheet.
- **Certificates** – it wouldn't be sports day without some certificates! You can create your own certificates for 1st, 2nd and 3rd place to share with friends or family.

Activity 3 – Warm up

Let's start with a warm up to get you ready for the day ahead! Follow the activities below and feel free to include your own exercises. You can do this virtually with your friends and record your scores.



How many of these exercises can you do in 1 minute?

1. Sit-ups
2. Burpees
3. Star Jumps
4. Press ups
5. Lunges

You could also:

- Challenge your friends to see who can hold a wall sit or plank for the longest.
- Challenges your friends to see who can do more Keepy-Uppies in 30 seconds.
- Play Fitness Copycat with your friends – player one chooses a fitness exercise and number of reps, and demonstrates for player two. Player two repeats player one's exercise and then adds their own. Repeat this several times to cover a range of activities using different parts of the body.

Activity 4 – Dream Sports Day

Once you have created your detailed “Dream Lockdown Sports Day” plan, we would like you to spend the afternoon carrying this out. You can set up and organise anything that you may need for the big event and then take part with family or with friends virtually.

If you are taking part virtually with other members of P7, you can take turns to try out each other's amazing sports day activities.

Have a fun afternoon!

