



Virtual Sports Day

7 Events

100m Sprint
Egg & Spoon Race
Welly Toss
3 Legged Race
Marathon Challenge
Long Jump
Obstacle Relay

Allocated points found at the bottom of each task card.

Scorecard found on the last page of the pack!

Bronze, Silver & Gold Scores will be revealed on the @NLActiveSchools Twitter.

Tweet all pictures and videos to @NLActiveSchools twitter page with #NLSportsDay for the chance to win £50 of sporting equipment for your school or club.

Monday 22nd June 2020

Virtual Sports Day



Task One

100m Sprint

We are looking to see how quickly you can run over a distance of 100m. To do this you will need to:

1. Set your start and finish point
2. Get a helper to record your time
3. Run as fast as you can!

You can repeat to get a personal best score

Adaptations

* This activity can be taken part by everyone, this includes wheelchair users, crutches and frames.

* Participants with visual and hearing impairments can work with a helper if needed.

Points

	10pts	20pts	30pts
P1-3	27 secs +	21 - 26 secs	20 secs or less
P4-7	21 secs +	16 – 20 secs	16 secs or less
S1 + (including adults)	17 secs +	14 – 17 secs	14 secs or less

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Task Two

Egg and Spoon Race



We are looking to see how quickly you can run over a distance of 100m with an egg and spoon.

To do this you will need to:

1. Set your start and finish point
2. Get a helper to record your time
3. Run as fast as you can!
4. If you drop your egg, pause, place the egg back on the spoon and continue.

You can repeat to get a personal best score

Adaptations

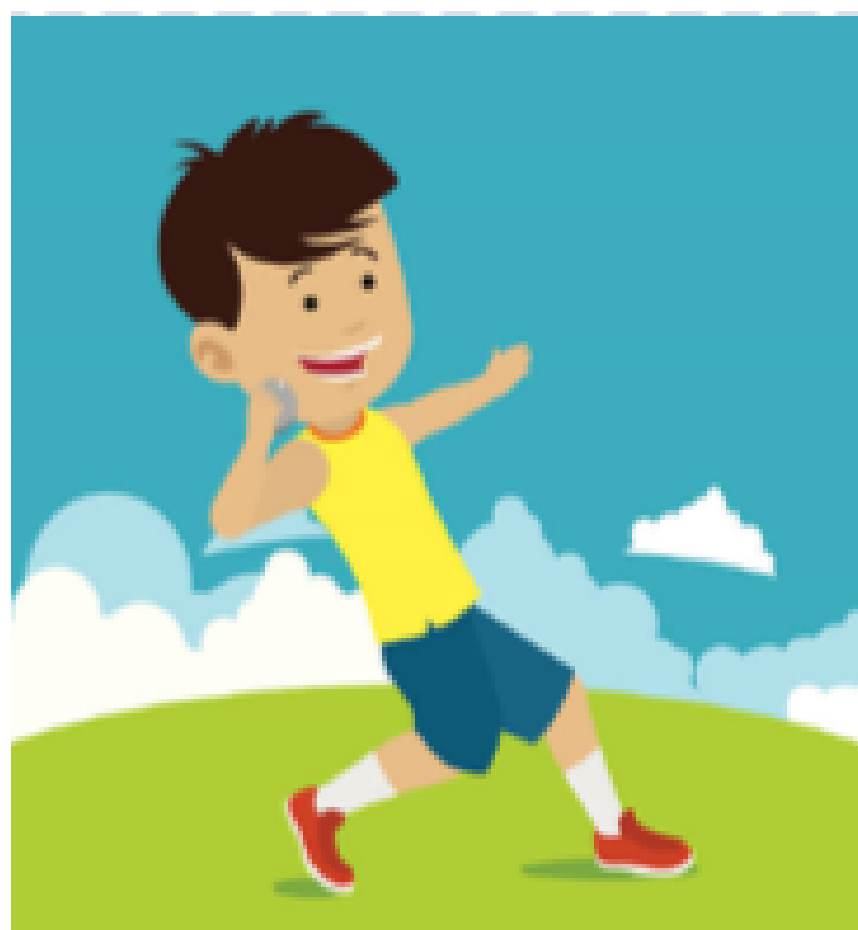
- * Changing the egg to a ball (Smaller/ Larger). Change the spoon to a tennis racquet
- * Should using the upper body be an obstacle, the participant can balance a bean bag on their head or between their knees.

Points

	10pts	20pts	30pts
P1-3	35 secs +	25-34 secs	25 secs or less
P4-7	27 secs +	20 – 27 secs	20 secs or less
S1 + (including adults)	24 secs +	17 – 24 secs	17 secs or less

10 Bonus points if you do it without stopping!

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Task Three Wellie Toss

We are looking to see how far you can throw a wellie.

To do this you will need to:

1. Set and stand at a start line, placing both feet behind.
2. Place the wellie facing forward in your strong hand and swing your arm backwards. When swinging forward release.
3. Record your wellies landing spot by measuring from your start line.

You can repeat to get a personal best score

Adaptations

- * Change the throwing object (Shoe, Ball, Bean Bag, Rolled up Socks etc.).
- * If using the upper body is a barrier the participant can kick a safe object, i.e. a soft ball.

Points

	10pts	20pts	30pts
P1-3	Up to 1 participant stride	2-3 participant strides	4+ participant strides
P4-7	Up to 2 participant strides	3-4 participant strides	5+ participant strides
S1 + (including adults)	Up to 3 participant strides	4-5 participant strides	6+ participant strides

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Task Four 3 Legged Race

We are looking to see how quickly you can work together to cover 100m

1. Set your start and finish point.
2. Stand side by side with your helper (sibling, parent, guardian etc) and tie legs together.
3. Talk to each other about the best way to get to the finish line.
4. Work as a team to reach the finish line. If legs separate, pause and reconnect before moving again.

You can repeat to get a personal best score

Adaptations

- Helpers can hop beside anyone with a physical disability who may be in a wheelchair, crutches or frame.
- If safe use loose items (i.e scarf) to tie legs together.
- If you don't have a helper you can hop the distance.

Points

	10pts	20pts	30pts
P1-3	35 secs +	25-34 secs	25 secs or less
P4-7	27 secs +	20 – 27 secs	20 secs or less
S1 + (including adults)	24 secs +	17 – 24 secs	17 secs or less

10 Bonus points if you do it without stopping!

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Task Five Marathon Challenge

We are looking to see how many laps you can do over a 10m distance.

1. Set your markers 5m apart and start at one side.
2. When your helper shouts go you run from one marker to the other and back again to complete a lap. Continue to run for your designated time:

P1-3 Pupils will run for a total of 3 mins
 P4-7 Pupils will run for a total of 5 mins
 S1+ Pupil and adults will run for a total of 5 mins - or go for gold and run 7mins

You will then work out your total distance eg, if you complete 30 laps your total distance will be 300m

Points

	10pts	20pts	30pts
P1-3	5 mins – Stopping 4+ times	5 mins – Stopping 2-3 times	5 mins - Stopping once or less
P4-7	5 mins – Stopping 4+ times	5 mins – Stopping 2-3 times	5 mins - Stopping once or less
S1 + (including adults)	5 mins - Stopping 1+ times	5 mins – no stopping	7 mins – no stopping

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Task Six Long Jump

- We are looking to see how far you can jump
1. Set your jump line (where you will jump from) and prepare your run up.
 2. Run to your jump line, jump taking off pushing from one leg.
 3. Land safely.
 4. Your helper can record the distance from the jump line to where you first touched the ground.

You can repeat to get a personal best score

Adaptations

- * Wheelchair users start on 'jump line' & exert one push to see how far they can travel.
- * Participants with frames or on crutches we are looking to see how far you can safely stretch from the 'Jump Line'.

Points

	10pts	20pts	30pts
P1-3	Up to 1 participant stride	Up to 2 participant strides	3 + participant strides
P4-7	Up to 1 participant stride	Up to 2 participant strides	3 + participant strides
S1 + (including adults)	Up to 1 participant stride	Up to 2 participant strides	3 + participant strides

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Task Seven Obstacle Course Challenge

We are looking for you to use your imagination and come up with the most creative and fun obstacle course you can think of.

You can use sports equipment and/or objects from your home to make up the course.
Make sure all equipment is safe to use.

Points



30 Bonus points for everyone who creates an obstacle course and completes it.



Virtual Sports Day

Name: _____

School/Club: _____

Event	Best Score	No. Points
100m Sprint		
Egg & Spoon Race		
Welly Toss		
3 Legged Race		
Marathon Challenge		
Create your own obstacle course		
Total Points		

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