

WE'RE TAKING PART IN

#NLSportsDay

22nd June 2020



NL Virtual Sports Day



Event

100m Sprint

Egg & Spoon

Wellie Toss

3 Legged Race

Marathon & Long Jump

Obstacle

Equipment

Start/finish point - Cones

Egg, Spoon

1 Wellie Boot

Scarf

Cones/Markers

Anything - get creative!

Alternative

Jumpers, Shoes, Water bottles etc.

Potato

1 Shoe

Tie, Jumper

Jumpers, Tins, Water bottles etc.



NL Virtual Sports Day



10am

Warm up video from local clubs posted on @NLActiveSchools Twitter



10.30

- 1.30pm
Take part & enjoy the 7 activities! Record scores on scorecard or create your own

1.30pm

Tune in to @NLActiveSchools Twitter to find out Gold, Silver & Bronze categories

2pm

Cool down video from local clubs posted on @NLActiveSchools Twitter

2.30

- 5.30pm
Share your pics to @NLActiveSchools for your chance to win a prize for your school!

Follow @NLActiveSchools

#NLSportsDay