**Whalsay School**

**P1-3 Sports Day**

I have done our normal activities, but appreciate that some people may find they do not have the space or the equipment for a specific event. That’s ok. Only do what you can.

This year, the emphasis is on the children taking ownership of their own sports day. As part of the task the children will be using a number of PE Significant Aspects of Learning including Decision Making, Problem Solving, Responsibility & Leadership, Motivation, Confidence & Self-Esteem, Determination & Resilience, and Stamina. Let them make the decisions and work out how to do things, with a little guidance where needed. Ask questions like: is this safe? How could we measure? Where could we do this event? What could we use for the equipment?

Please get in touch at any time to clarify anything or ask questions. As part of the task I have included some questions for your child to answer, but please feel free to include any other comments of how it went like things your child did well, how they managed to organise, etc. I would also love to see them in action too, so feel free to send me any pictures or videos you can get while also timing, counting, measuring and being the supportive parent. Not an easy task, just do what you can.

Finally. Thank you parents.

**Sports week**

**Learning Intention** – To organise and participate in athletics events.

**Success Criteria** To perform in the events that are physically possible.

To find and use suitable equipment.

To use an appropriate, safe space.

**How to do:**

1 – Practice the events.

2 – Choose a day to have your sports day

3 – Perform in all possible events

You will need someone to help time, count, measure and record.

If possible get someone to take photos or videos.

**Note – Please only do the events that are physically possible in your setting.**

4 – After the event send your results/photos/videos and answers to the questions to Miss Spence. See below

5 – You will receive feedback and a personalised certificate.

**Results**

Send the results and answered questions back to Miss Spence in 1 of the following manners:

1-using the class teams option. Here you can add the results into the sheet, answer the questions and upload any photos or videos.

2-Put the results in your blog area.

Note – you do not have to use the results sheet. As long as the event and results are clear I don’t mind how you record.

|  |  |
| --- | --- |
| EVENT/YEAR | Results |
| 30m Sprint |  |
| 1 minute run |  |
| Rebound Jumps |  |
| Standing Long Jump |  |
| 1 handed Throw |  |
| 2 handed Throw |  |
| Award | For Miss Spence to complete |

Answer the following questions.

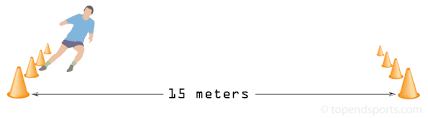
1. What event did you enjoy the most?
2. What event did you enjoy the least?
3. Pick 1 event and tell me what you could do to get better.
4. Was there any reasons you could not do any of the events? Tell me the event and why.

**Parent** – Let your child work out what equipment to use, the space needed and how to measure/time/count.

**Events**

**Event 1** – 30m sprint

Set up – Clearly mark a start and finish line. The 30m can be in one length or include turns to make up to 30m, e.g. 2 x 15m.

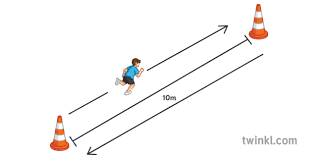
 OR 

Pupil - run 30 metres

Recorder – stand at the finish point. Time how long it takes the pupil to complete.

**Event 2** – 1 minute run

Set up – Mark 2 points 10 metres apart.



Pupil – Runs between the 2 markers as many times as possible in 1 minute. Turn at the marked out points.

Recorder – Time 1 minute and count how many lengths your child completes.

Helpful hint – One way to measure without a measuring implement is take metre steps away from starting point.

**Event 3** – Rebound Jumps

Set up – Pupil stands on one side of an object about 15-20cm high.

Pupil – Jumps over the object as many times as they can in 30 seconds.

Recorder – Times 30 seconds and count number of jumps

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SECTION 3
SPEED BOUNCE
FIELD EVENTS
Equipment
•Speed Bounce Mat
•Stopwatch
•Whistle
Rules
•Each participant is allowed ...

**Event 4** – Standing Long Jump

Set Up – Place a marker on the floor. If available have a tape measure placed along the floor starting at the marker.

Pupil – Jumps from 2 feet to 2 feet forward as far as they can.

Recorder – Measures where your child’s heels land. If a tape measure is not in place, mark the landing spot and measure the distance from the 2 points.

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SECTION 3 FIELD EVENTS
STANDING LONG JUMP
Equipment
•Metromat for Standing Long Jump
Rules
•A two footed take-off from ...

**Event 5** – 1 handed throw

Set up – Mark a starting point where there is room to throw forward.

Pupil – Stand behind the throwing line. With 1 hand, overhead, throw a tennis ball (or similar or a rolled up pair of socks) forward as far as can.

Recorder – Measures from starting line to point where equipment first lands.



**Event 6** – 2 handed over head throw

Set up - Mark a starting point where there is room to throw forward.

Pupil – Stands behind the throwing line. With 2 hands above their head holding a football sized ball or similar, throw the ball forwards as far as they can.

Recorder – Measures from starting line to point where equipment first lands.

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SECTION 3
SOCCER THROW
FORWARD PITCH
FIELD EVENTS
Description
A two-handed throw where the participant
starts facing th...

To measure throws, mark points ahead at 1 metre marks.

Please do not worry about measuring or timing accurately.