Sports Day

**P4-7 Virtual Sports Day 2020**

**Learning Intention** – To be able to organise and compete in 10 sports day events.

**Success Criteria** Choose 10 activities having considered

* Own ability
* Equipment available
* Space available
* Enjoyment.

Organise equipment and space for each activity.

Perform in 10 chosen activities.

Record results.

How Sports Day Works

Sports day is 10 one minute events where you perform the activity for one minute and use your score to get a bronze, silver or gold for each activity. You record all your results, send them back to me and I give you an overall bronze, silver or gold award. I will send you back a personalised certificate. Here is a list of stages to follow:

- Read through the 15 activities below. All the instructions are on the card.

- Try all the ones you have space and equipment to do.

- Pick 10 of the activities.

- Practice those 10.

- Choose a day to have your sports day. If doing your sports outside, look at the weather forecast for the week.

- Prepare all your equipment.

- Check you have a helper to time and help count. You may also want someone to take pictures or videos. I would love to see you in action.

- Decide the order you want to do your events in.

- Perform in each event (you don’t have to do it all at once).

- Record the results.

- Answer the sports day questions.

- Send results, pictures/videos and answers to questions back to Miss Spence.

- Receive feedback and certificate back.

Record sheet

Delete or ignore the events you have not chosen

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Score | Award | For Miss Spence |
| Around the World |  |  |  |
| Burpees |  |  |  |
| Climb the Mountain |  |  |  |
| Figure of 8 |  |  |  |
| Skipping |  |  |  |
| Speed Bounce |  |  |  |
| Squat jumps |  |  |  |
| Star Jumps |  |  |  |
| Super Slalom Run |  |  |  |
| Tap Up Tennis |  |  |  |
| The Plank |  |  |  |
| Tuck In Tuck Out |  |  |  |
| Step Ups |  |  |  |
| Bunny Hops |  |  |  |
| Fast Feet |  |  |  |

Questions

1-What were the reasons around your choices?

2-What was your best event and why?

3-Did you enjoy this sports day?

4-Is there any way it could be better?

**Results**

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

1-using your class teams option. Here you can add the results into the sheet, answer the questions and upload any photos or videos. I would love to see you in action.

2-Put the results on 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.

 

 

 

 

 

 

 

