

Burnside Primary School
Online Sports Week
15 – 19 June 2020

We are looking for everyone to get sporty this week by taking part in daily sporting activities. Two new activities will be posted on the app every day and pupils can email pictures of their efforts to the gw18burnsidephotos@glow.sch.uk (for adding to your blogs) and/or self Tweet their pictures/videos to @burnsideprim and @ActiveSchoolsSL including the hashtag #BurnsideForGold

A reminder message will go out @ 9 am each morning detailing each new activity.

Monday:

All family members can take part:

1. Egg and spoon race

Resources – spoon, hard boiled eggs for each player or a small ball for each player, stop watch.

Aim – run from a starting point to the finishing point with the ‘egg’ on the spoon.

Mark out an area for the race. You can do a double journey to make it longer.

Option 1 – All players run at the same time.

Option 2 – Each player runs separately against the clock. Shortest time wins

You choose – If you drop the egg should you return to the start or keep going.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

2. Sock Toss

Resources – 5 pairs of socks and a bucket

Aim – throw the socks in the bucket from a short distance

Points – 1 point for each pair of socks that land in the bucket

Tuesday:

3. Long Jump

Resources – tape measure (if possible), something to mark the starting line and name tags to mark the final jump position.

Aim – Who can jump the furthest?

You can choose whether it is a standing jump or a running jump depending on your available space.

Each player completes 2 jumps with the best score being taken forward.

The person who jumps the furthest is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

4. Shuttle run

Resources – stop watch, two items to mark two distances

Aim – Complete the most shuttle runs in 3 minutes

Marking two distances in a straight line (e.g. 5-10m apart) in an open space, when the timer begins run in a straight line from the first marker to the second marker and run straight back down again.

1 point is awarded for one COMPLETE shuttle run lap i.e. from the starting point, to the top marker and back again (one full lap) = 1 point.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

Wednesday:

5. Sack Race

Resources – Pillow cases, bin bags or plastic bags to use as a sack. Something to mark the start and finish.

Aim – Complete the sack track in the fastest time.

Set up a start and finish post. You could do a double run to make it longer.

Option 1 – All players race at the same time

Option 2 – Each player completed the course in against the clock.

Quickest time is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

6. Dribbling

Resources – Stopwatch, a small number of objects to act as markers e.g. tins and a decent sized ball (e.g. football, basketball)

Aim - Dribble the ball around the markers

Set the tins out in a straight line with some space in between. Each player should dribble the ball around the tins again the clock. Fastest player wins.

Challenge – At the end of your dribbling course you could try to score a goal. Fastest time wins. Bonus point if you score a goal.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point
 + bonus point if you score a goal

Thursday:

7. HIIT challenge

Resources – Stopwatch

Aim – to complete the HIIT workout in the fastest time (each family can decide on a number they think they can challenge themselves with).

10-20 sit ups

10-20 press ups

10-20 jumping jacks

10-20 squats

The person who completes this quickest is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

8. Chest push

Resources – something to measure a distance (e.g. tape measure), ball (football/basketball)

Aim – to throw the ball the furthest distance

Holding the ball in two hands at your chest, take two attempts at throwing the ball. Someone should record where the ball touches the floor. Record the best score for each player.

Points - 1st – 3 points 2nd – 2 points 3rd – 1 point

Friday:

9. Obstacle course

Resources – This is for you to be creative (and safe) by making your own obstacle course.

Aim – complete the course in the fastest time.

Each player should be given the chance to complete the obstacle course against the clock. The player who completes it quickest wins.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

You may wish to use your ‘weekly check-in’ for pupils to report on their scores.

All activities are purely for fun!