








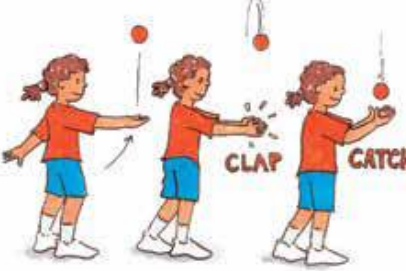






Term 4 is such an exciting term for us, and usually we all participate in Sports Day and win points for our houses. Unfortunately, that will not be the case this year. Instead, we have put together a **'Virtual Sports Day'** which we hope will be a fun alternative!

The grid below shows the 12 activities we would like you to try. You may practice them as often as you like from Tuesday 2<sup>nd</sup> with our actual Sports Day happening on **Thursday 4<sup>th</sup> June**. You can share your results from Tuesday until Friday that week.

Some key notes:

- A certificate and 5 house points will be awarded if you can complete 6 or more of the activities listed below.
- You must show evidence of this by sharing photos and or video's, uploading them to either Seesaw or Facebook or Google Classroom or you can email them to [arnage.school@aberdeenshire.gov.uk](mailto:arnage.school@aberdeenshire.gov.uk).
- In order to keep score a parent or older sibling should assist with scorekeeping for each activity.
- We encourage pupils to wear their house colours and enjoy themselves.

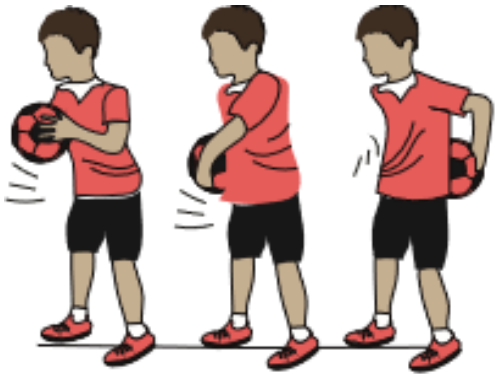
# Virtual Sports Day Score Sheet

<b>Pupil Name:</b>		<b>Class:</b>	
<b>Around The World</b> 	<b>Keepy Ups</b> 	<b>Star Jumps</b> 	<b>Socks in a Box</b> 
Score:	Score:	Score:	Score:
<b>Shuttle Run</b> 	<b>Clap and Catch</b> 	<b>Speed Bounce</b> 	<b>Walk the Line</b> 
Score:	Score:	Score:	Score:
<b>Routine of Balances</b> 	<b>Egg and Spoon</b> 	<b>Toilet Roll Challenge</b> 	<b>Getting Yourself Dressed</b> 
Score:	Score:	Score:	Score:

## AROUND THE WORLD

### Equipment you require:

- A ball, or if you do not have one use a cuddly toy.



### Set up and how to record your result:

#### P1-3

- How many times can you pass the ball around your waist in 30 seconds?
- Score 1 point for each rotation.

#### P4-7

- How many times can you pass the ball around your waist in 1 minute?
- Score 1 point for each rotation.

### Teachers Tips:

- Take your time.
- Believe in yourself do not worry if you keep dropping the ball, pick it up and just keep trying.

## KEEPY UPS

### Equipment you require:

- A timer or stopwatch
- An object to keepy up with



### Set up and how to record your result:

- Use whatever equipment you have available and select a sport you think you will get the highest score in. I.e. Football, tennis, etc. You can choose what to use whether it be a football, tennis racquet and ball, a hockey stick and ball, a book and a ball of paper, a pair of socks and your hand, a balloon, etc.

### P1-3

- How many keepy-ups can you perform in 30 seconds?

### P4-7

- How many keepy-ups can you do in 1 minute?
- Score 1 point for each successful keepy-up you score.

### Teachers Tips:

- If you make a mistake, just pick up the ball and keep on going.
- As much as possible keep the juggles little and controlled.
- Let it bounce on the ground and then hit it again.
- Keep practicing and try to beat your previous record.

## STAR JUMPS

### Equipment you require:

- A Stopwatch/Timer



### Set up and how to record your results:

#### P1-3

- How many star jumps can you complete in 30 seconds?

#### P4-7

- How many star jumps can you complete in 1 minute?
- Make sure each time you clap your hands above your head and bring your feet together.
- Score 1 point for each jump.

### Teachers Tips:

- Try to maintain your technique.
- Give yourself enough space to move safely

Why not compete against a family member?

## SOCKS IN A BOX

### Equipment you require:

- A Stopwatch/Timer
- An object to mark where to stand e.g. a trainer
- x5 pairs of balled up socks



### Set up and how to record your results:

- Place your box down and where possible measure 3 metres away from it (or take 3 giant steps) then put a marker down for where you should stand.
- Throw each pair of balled socks one at a time trying to get them in the box.
- Once you have thrown all 5 pairs go and collect them and go again.
- For each pair you get in the box give yourself 1 point.

### P1-3

- You have 30 seconds to get as many socks in the box as possible.

### P4-7

- You have 1 minute to get as many socks in the box as possible.

### Teachers Tips:

- Try to use different throwing techniques; underarm or overarm and see which is best
- If you do not have a box use a washing basket
- Keep your eyes on the target

## THE SHUTTLE RUN

### Equipment you require:

- A Stopwatch/Timer
- 2 Cones or objects for markers



### Set up and how to record your results:

#### P1-3

- Where possible measure 3 metres (or take 3 giant steps) and put a marker at either end.
- You have 30 seconds to do as many shuttles as you can making sure each time you touch the marker furthest away with their hand.

**\*\*PLEASE NOTE\*\* A shuttle is from the first (starting marker) marker to the second (furthest away)**

#### P4-7

- Where possible measure 5 metres (or take 5 giant steps) and put a marker at either end of your shuttle.
- You have 1 minute to do as many shuttles as you can making sure each time you touch the marker furthest away with their hand.
  - Score 1 point for each successful shuttle.

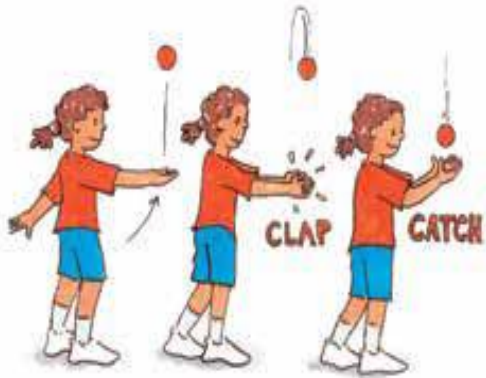
### Teachers Tips:

- Use your arms to help propel you forward.
- Make sure you run all the way to your marker.
- Eyes looking forward.

## CLAP AND CATCH

### Equipment you require:

- A Stopwatch/Timer
- A ball or pair of socks



### Set up and how to record your results:

#### P1-3

- How many times can you throw a ball up, clap once and catch it in 30 seconds?

#### P4-7

- How many times can you throw a ball up, clap x3 (or more if you like a challenge) and catch it in 1 minute?
  - The ball must go above your head.
  - If you drop the ball, carry on counting your score from where you left off.
  - Score 1 point for each successful catch.

### Teachers Tips:

- Keep your eyes on the ball.
- Throw the ball up above your head.



## SPEED BOUNCE

### Equipment you require:

- An object to mark a line, rope, tea towel, chalk.
- A Stopwatch/Timer



### set up and how to record your results:

#### P1-3

- How many times can you bounce over the line in 30 seconds?

#### P4-7

- How many times can you bounce over the line in 1 minute?
- Jump from side to side with two feet together over the line.
- Each jump counts as 1 point.

### Teachers Tips:

- Be sure to jump over a safe object.
- Try to bend your knees and push off the ground as hard as you can from the ground.
- Use your arms to help you to jump higher.

## WALK THE LINE

### Equipment you require:

- A Stopwatch/Timer
- 2 objects to use as markers
- A beanbag or packet of crisps



### Set up and how to record your results:

#### P1-3

- You have 30 seconds to make as many shuttles as you can whilst balancing an object on your head.
- As per the Shuttle Run set up, where possible measure 3 metres (or take 3 giant steps) and put an object at either end of your shuttle.

#### P4-7

- You have 1 minute to make as many shuttles as you can whilst balancing an object on your head.
  - As per the Shuttle Run set up, where possible measure 5 metres (or take 5 giant steps) and put an object at either end of your shuttle.
  - **You do not lose points for dropping the object.**
  - Score 1 point for each shuttle.

### Teachers Tips:

- Keep your head as still as you can.
- Eyes looking forward.
- Use your arms to help you balance.

## ROUTINE OF BALANCES

### Equipment you require:

- A Stopwatch/Timer



### Set up and how to record your results:

#### P1-3

- You have 30 seconds to do as many balances as they can.

#### P4-7

- You have 30 seconds to do as many balances as they can.
- Use different body parts perform as many different balances as you can using different parts of your body.
- Score 1 point for each one.

### Teachers Tips:

- Use as many different body parts as you can, on one foot, two feet and one hand, etc.
- Try to keep as still as you can in each balance.

## EGG AND SPOON RACE

### Equipment you require:

- An Egg (preferably boiled to avoid any mess) Or use a tattie.
- A Tablespoon
- A Stopwatch/Timer
- 2 Objects to use as markers.



### Set up and how to record your result:

#### P1-3

- Pupils have 30 seconds to make as many shuttles back and forward as they can with their egg and spoon.
- As per the Shuttle Run set up, where possible measure 3 metres (or take 3 giant steps) and put an object at either end of your shuttle.

#### P4-7

- Pupils have 1 minute to make as many shuttles back and forward as they can with their egg and spoon.
  - As per the Shuttle Run set up, where possible measure 5 metres (or take 5 giant steps) and put an object at either end of your shuttle.
- Stand at your marker with your egg balancing on your spoon.
  - If you drop your egg off your spoon, you must go back to the beginning and start again.
  - Score 1 point for each successful shuttle.

### Teacher's Tips:

- Have a wee practice first just balancing the egg on your spoon.
- Start at walking pace and when you feel comfortable, try to go a little bit faster.
- Try to get used to looking forward.
- Try not to use your other hand to help, put it behind your back if you like?

# THE TOILET ROLL CHALLENGE

## Equipment you require:

- A Stopwatch/Timer
- 2 objects to use as markers
- A toilet roll



## Set up and how to record your result:

### P1-3

- Pupils have 30 seconds to see how many times they can jump with the toilet roll between their knees.
- As per the Shuttle Run set up, where possible measure 3 metres (or take 3 giant steps) and put an object at either end of your shuttle.

### P4-7

- Pupils have 1 minute to see how many times they can jump with the toilet roll between their knees.
  - As per the Shuttle Run set up, where possible measure 5 metres (or take 5 giant steps) and put an object at either end of your shuttle.
- No hands can be used to hold onto the toilet roll.
  - Your feet should be together as much as possible and the toilet roll should be kept between your knees.
  - If you drop your toilet roll, you must go back to the beginning and Start again.
  - Score 1 point for each successful shuttle.

## Teachers Tips:

- Practise your 2 footed jumps with and without the toilet roll between your knees.
- Try using your hands to propel yourself forward with each jump.
- Experiment to find the best way to position it between your knees.
- Keep your knees together and make sure you land safely.

## GETTING YOURSELF DRESSED

### Equipment you require:

- A Stopwatch/Timer
- An object to use as a marker
- Several items of clothing



### Set up and how to record your results:

- Pupils have 1 minute to see how many items of clothing they can put on over the top of your own clothes.

#### P1-3

- Where possible measure 3 metres (or take 3 giant steps) and put down your items of clothing.

#### P4-7

- Where possible measure 5 metres (or take 5 giant steps) and put down your items of clothing.

- Starting at your marker, run out and put on as many items as you can.
- Each item is worth 1 point, e.g. hat – 1, gloves – 2, t-shirt – 1, shorts – 1, etc.

### Teachers Tips:

- Make sure that clothing being put on goes over the top of your own clothes.
- Run out as quickly as you can to the clothes.
- Put the easy items on first like a hat, scarf, etc.
- Have plenty items of clothing to hand.