

**Virtual Sports Day 2020**

Welcome to St Luke’s Virtual Sports Day. We know that both children and teachers really look forward to this day so we have adapted our events so you can participate from home. Please see the list below of the 5 events and the information and rules for each event. The children will get 5 attempts for each event (except the obstacle course). They will need to record their scores after each attempt on their scorecards. They will also need assistance on some events to time them.

Equipment needed

* 1 bottle with water filled to the middle
* 1 apple
* 1 tablespoon
* 2 toilet rolls
* 1 book
* Bucket or bin
* 1 jumper
* 1 pair of shorts
* A hat of your choosing
* Sporting music (parent/guardian to choose)

**Events**

1. **Toilet Roll Speed Bounce**

-You will need 2 toilet rolls for this event.

-Stand to the side of the toilet rolls and you need to jump sideways over the toilet rolls. Try to keep your feet together when jumping.

-You have 1 minute to try and do as many jumps as you can. 1 point for every jump.

-Ask an adult to time you. After every attempt write down your score on the scorecard. You have 5 attempts.

- Write down the total score of all 5 attempts in the last column labelled ‘TOTAL SCORE/TIME’.

1. **Target Practice**

-You will need 2 toilet rolls and a bin or a bucket for this event.

-Stand roughly 2 metres away from the bin/bucket (social distancing).

-Using the under arm throwing technique throw 1 toilet roll at a time and try to get them into your bucket or bin.

-1 point for every toilet roll that goes inside your bin/bucket.

-After you have thrown all 2 toilet rolls, write down you score on the scorecard and go again. You have 5 attempts in total.

-Write down the total score of all 5 attempts in the last column labelled ‘TOTAL SCORE/TIME’ (maximum points available here is 15).

1. **Apple and Spoon Race**

-You will need 1 apple and 1 tablespoon for this event.

-If possible, set up a course roughly 2 metres by 2 metres (social distancing). If not around your living room or garden is fine.

-Hold the tablespoon in your preferred hand and then place the apple on the spoon. Your free hand will now go behind your back.

-You have 1 minute to complete as many laps around your course as possible (remember to do this safely). Ask an adult to time you.

-1 point for each successful lap around your course. If your apple falls off the spoon, then you cannot count that lap towards your score.

-Record your score after each attempt on the scorecard. You have 5 attempts in total.

- Write down the total score of all 5 attempts in the last column labelled ‘TOTAL SCORE/TIME’.

1. **Toilet Roll Keep up Challenge**

-You will need 1 toilet roll for this event.

-You have 1 minute to try and do as many ‘keep ups’ with the toilet roll as possible.

-Use your feet or hands and make sure the toilet roll does not touch the floor.

-1 point for each successful keep up. Ask an adult to time you.

-Record your score after each attempt on the scorecard. You have 5 attempts in total.

- Write down the total score of all 5 attempts in the last column labelled ‘TOTAL SCORE/TIME’.

1. **Obstacle Course**

-This event consists of 5 separate stations (socially distanced from each other) and you will need 1 bottle with water filled to the middle, 1 book, a jumper, a pair of shorts and a hat of your choice!

**-Station 1** is the bottle flip challenge. Hold the bottle from its neck and lid area. Flip the bottle into the air so it lands on its bottom. Keep going until it lands like this. Once complete, hop to your next station!

**-Station 2** you have to complete 20 star jumps. Make sure your arms come up and your legs go wide making the shape of a star with your body. Once complete, hop to your next station!

**-Station 3** is the book balance challenge. Place the book upon your head and then count out loud to 50. If the book falls, you have to start again from the beginning. Once complete, hop to your next station!

**-Station 4** you have to complete 10 press ups. Make sure you bend your elbows and then full extend your arms as you push yourself up and down. Keep those legs straight too! Once complete, Hop on to your final station!

-**Station 5** is dress to impress! Quickly put on (over your current clothes) a pair of shorts, a jumper and a hat then SHOUT:

“I’VE COMPLETED THE ST LUKE’S VIRTUAL SPORTS DAY!”

Only then your adult or helper will stop the clock. Write down the total time taken to complete the obstacle course on the scorecard. Remember for this event it is just one straight run through so 1 attempt only. Set your stations up before you start to give you the best possible chance of getting a good time.

Once you have completed the score sheet attached, please email it to admin@stlukes.cheshire.sch.uk by no later than **Sunday 12th July.**

We will be having individual awards as well as class rewards so the more of you that participate, the better the chance of winning!

Thank you for taking part in our very different, but we hope equally as fun sports day this year.

Follow @stlukesfrodsham on Twitter. It would be lovely to see pictures or videos of you taking part in our virtual sports day so please tag us on twitter! You could also add any photographs of this to your scrapbook on the school website.

Thank you all for your continued support.

Mr Taylor