**Longvernal Primary School Annual Sports Day (Week)**

**Monday 6th July – Friday 10th July**



Sports Day is one of the great events in our school calendar and we couldn’t let this school year go by without celebrating it together. However, we do have to be safe and responsible, so this year we are going online!

As part of your home learning activities next week we want you to take part in as many sporting events as you can at home. We want you to continue to be active and safe, only using common household items. If you are attending school, maybe do the activities at the weekend or after school.

Please submit every activity that you photograph/video yourself doing via email: [jthomson@longvernalschool.com](mailto:jthomson@longvernalschool.com). We will then collate all of the videos and pictures you send in to create a film to celebrate this event. This will be shared on the website so only submit pictures or videos if you are happy for your child to be featured online.

Please complete your best times and distances on the record sheet provided and email this as well.

There will be certificates for participation – the more activities you send in, the more points you will get for your house. But, as a national supermarket says, ‘*Every little helps,’* so even if you are only able to complete one activity, it will still make a difference.

**Please submit all of your photos, videos and record sheets by Friday 10th July.**

SPRINT

## Sprinting

## You Will Need :

A ‘tester’ to shout, “On your marks, get set and GO!” and record time

A stopwatch

2 cones or garden objects

How to set up and record your result



Place your 2 cones or garden objects 10 metres (m) apart on a flat, non-slip surface (or 30m at a local park).

Pupils will cover 30m and the tester will record how long it takes using the stopwatch.

The tester will then inform you of your time in seconds (s) to 2 decimal places, for example 33.15 seconds

Once you’ve got your time, Sports Day>Sprint.

Coaching Tips

Try to push off as hard as you can from your starting point when the tester shouts “Go”. Imagine a plane taking off on the runway.

Move your hands using the ‘Hip to Lip’ technique.

When turning, ensure that you stay low and explode off the line each time to accelerate as quickly as possible.

Before you start, get yourself in the mood for this event by watching Usain Bolt smash the 100m record way back in 2009- **https://www.youtube.com/watch?v=By1JQFxfLMM.**

LONG JUMP (Standing Broad Jump)

### Standing Long Jump

### You Will Need:

A start line- this can be any household object like a piece of rope or a plank of wood.

A measuring tape

A tester with a marker- this can be any small, moveable object like a stone or a pair of socks

How to set up and record your result

At the start line, stand with your feet about shoulder-width apart, facing forwards with your toes just behind the line. When you’re ready, dip slightly at the knees and jump as far as you can (just like below), raising your arms up above your head to propel yourself forward as far as possible.



Try to stick your landing (stumbling forwards is not permitted) and the tester will place the marker behind whichever heel is closest to the start line.

Complete 3 attempts and move the marker only if you manage to beat your previous effort.

The tester will then measure the distance from the start line to the marker to the nearest centimetre (cm), for example 137cm and let you know your result.

Notice how he uses his arms as he dips and explodes during

HIGH JUMP

#### Standing High Jump

#### You Will Need:

A high wall or fence

A measuring tape

A ‘tester’ with a pencil/chalk or similar to mark the height of your jump

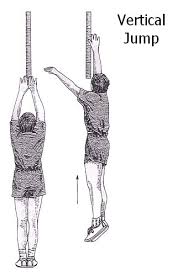
###### How to set up and record your result

Begin standing sideways to the wall or fence you will be using, with your dominant arm a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side. With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.

You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you explode off the ground touching the wall with your dominant hand at the highest point possible.

The tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark and jumping mark at the top of the jump).

Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort.

The tester will then measure the distance between the two marks in centimetres (cm) and let you know your best result.

IGH JUMP

EGG AND SPOON RACE

##### Egg and Spoon

##### You Will Need :

* An egg (boiled to avoid any mess!)

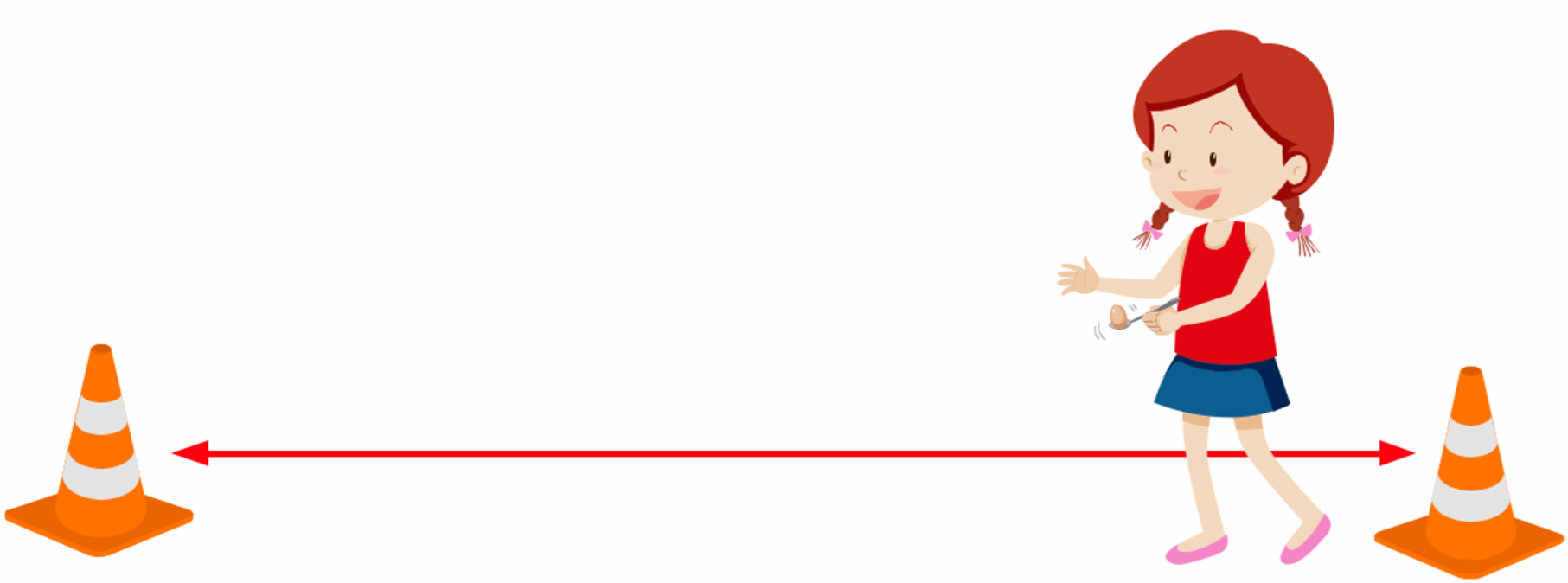
* A tablespoon

* A ‘tester’ to shout, “Ready, steady and GO!” and record time

* A stopwatch

* 2 Cones or garden objects

How to set up and record your result



As per the sprint set

-

up, place your 2 cones or garden objects 10 metres (m) apart on a flat,

non

-

slip surface



10

m

Line up at the starting cone with your egg balancing on your top of your spoon.

Make sure you have one hand holding the spoon at the end of the handle and the other hand behind your back.

When the Tester shouts “Ready, Steady. . .” tilt forwards slightly and find your balance with the egg and spoon extended slightly in front of your body.

On “Go”, move as quickly as possible (walk or run) to the second cone and turn carefully before returning to your starting point.

If you drop your egg off your spoon, you must go back to the beginning and Start again!

#### Mini Marathon

#### You Will Need :

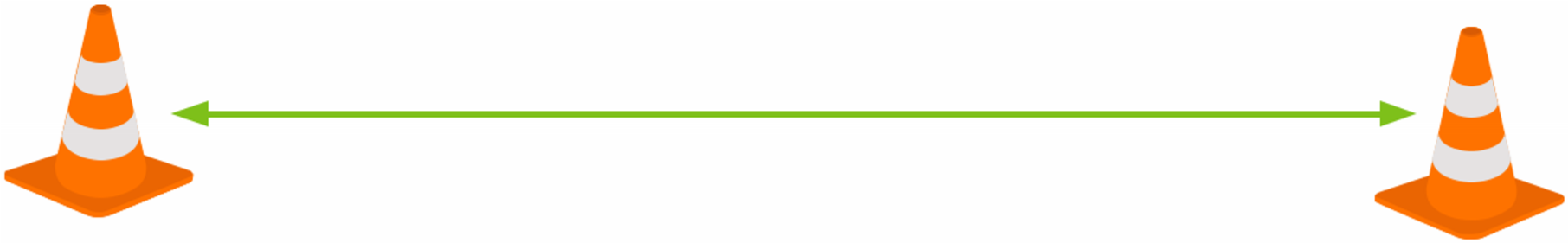
A ‘tester’ to shout “ready, steady and GO” and record time and distance

A stopwatch/timer

2 cones or garden objects

###### How to set up and record result

Place your 2 cones or garden objects 10 metres (m) apart on a flat, non-slip surface



10

m

Begin at your starting cone in a standing start position (similar to your Sprint start position but standing slightly more upright).

When the Tester shouts, **“Ready, Steady, Go”**, begin running at a steady, comfortable pace to the second cone, before turning sharply and returning to your original cone.

You will repeat this for 10 minutes, with the Tester counting the number of lengths you can complete.

You will then work out your total distance, for example, if your cones are spaced 10m apart and you manage to complete 50 lengths, your total distance will be 500m!

#### The Plank

#### You Will Need

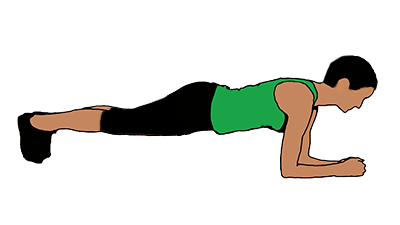
A ‘tester’ to shout “ready, steady and GO” and record time

A stopwatch/timer

A mat

###### How to set up and record result

Have your child lay on their stomach while on the floor with hands flat on the floor at shoulder level, and toes on the floor. On the count of 3, have your child push up on the hands to straighten the arms and lift the whole body all the way to the toes, off of the floor. Next, have your child hold the plank position on the forearms with the elbows at 90°, instead of the hands (see picture below).



See how long you can stay in the ‘Plank’ position while the tester times you. Put your time on the recording sheet below.

**Longvernal Primary School Annual Sports Day (Week)**

Monday 6th July – Friday 10th July

**RECORD SHEET**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **EVENT** | **Best Time** | **Best Distance** |
| Sprinting 30 m |  |  |
| Standing long jump |  |  |
| Standing high jump |  |  |
| Egg and spoon race (20m) |  |  |
| Mini Marathon |  |  |
| The Plank |  |  |