**Oxton St Saviour’s CE Primary School - Virtual Sports Day Challenge**

**Monday 18th May – Monday 8th June 2020**

Welcome to our Virtual Sports Day Challenge 2020 ☺

Hi children,

I know how much we all look forward to our annual Sports Day and for F2 this would have been your first one so we do not want 2020 to be any different! With the help of Mr Sheehan, there are some challenges that have been designed for you to complete at home. You can complete as many of the challenges as you like and as many times as you like. For each challenge you complete, please record your top score or time on the results sheet and then by using the ‘Medal Charts’ for your year group you can find the medal you achieved for each activity and the number of points this awards you. Once you have completed as many of the challenges as you wish, calculate your total number of points. Send your completed results form to newsletter@oxtonstsaviours.wirral.sch.uk by **Monday 8th June** and I can take a look at all of your scores to celebrate any ‘Personal Best’ scores in F2, Year 1 and Year 2 in our Sports Day Challenge Newsletter.

With the help of some of our key worker children and Mr Sheehan, a short video has been created to demonstrate each challenge to help. If you cannot access the video on your email, please look in the gallery section on the school website to watch.

We would love to see you all taking part so please send in any photos or videos of you completing the challenges to newsletter@oxtonstsaviours.wirral.sch.uk so we can create a video to celebrate your achievements.

**It would be great if you could take part in the ‘Sports Day Challenges’ wearing your school PE kit ☺**

Have fun and good luck!

Miss Gerrard

PE Leader

1. **Star Jumps**

**Events Overview**

How many star jumps can you do?

 F2 – 30 seconds

 Y1 & Y2 – 40 seconds

1. **Toilet Roll Speed bounce**

Place 2 toilet rolls like in the demonstration video.

Count the number of times you can jump over the toilet rolls in 20 seconds.



1. **Toilet Roll Balance**

Stand on 1 leg and place a toilet roll on your head. Time yourself until the toilet roll falls off or your leg/foot touches the floor. Record your best time.



1. **Sock Throw – Part 1**

Throw the sock up in the air and see how many times you can clap before catching the sock again?

Record your best score.



1. **Bottle Flip**

How many times can you flip a bottle to land in one minute?



1. **Throw and Catch**

How many times can you throw and catch a toilet roll or pair of socks, with a partner, in 1 minute?

***Stand 2m away from each other*.**

1. **Sock Throw – Part 2**

You have 10 attempts to throw a pair of rolled up socks into a saucepan. Record the number of times the socks land in the pan.

**F2** - Place a saucepan 3 steps away.

**Y1 and Y2** – Place a saucepan 4 steps away.

1. **Tea Towel Hurdles**

How many times can you jump (two feet together) over the hurdles and run back again in a given time? Hurdles should be spaced within a 2 metre zone.

**F2** – 40 seconds

**Y1 and Y2** – 60 seconds



 **Results**

Name ……………………………………… Year Group……………… Class Name……………………………

|  |  |  |  |
| --- | --- | --- | --- |
| Challenge | Distance/Time/Score | Medal | Points |
| Star Jumps |  |  |  |
| Toilet Roll Speed Bounce |  |  |  |
| Toilet Roll Balance |  |  |  |
| Sock Throw –Part 1 |  |  |  |
| Bottle Flip |  |  |  |
| Throw and Catch |  |  |  |
| Sock Throw –Part 2 |  |  |  |
| Hurdles |  |  |  |
| **Total Points** |  |  |  |

**F2 Medal Chart**

|  |  |  |  |
| --- | --- | --- | --- |
| Challenge | Bronze Medal (3 points) | Silver Medal (5 points) | Gold Medal(10 points) |
| Star Jumps | 0-15 | 16-34 | 35+ |
| Toilet Roll Speed Bounce | 0-5 | 6-10 | 11+ |
| Toilet Roll Balance | 0-10 seconds | 11-19 seconds | 20 seconds+ |
| Sock Throw –Part 1 | 0-1 | 2-3 | 4+ |
| Bottle Flip | 0-1 | 2-3 | 4+ |
| Throw and Catch | 0-10 | 11-19 | 20+ |
| Sock Throw –Part 2 | 0-1 | 2-3 | 4+ |
| Hurdles | 0-5 | 6-9 | 10+ |

**Year 1 and Year 2 Medal Chart**

|  |  |  |  |
| --- | --- | --- | --- |
| Challenge | Bronze Medal (3 points) | Silver Medal (5 points) | Gold Medal(10 points) |
| Star Jumps | 0-15 | 16-39 | 40+ |
| Toilet Roll Speed Bounce | 0-15 | 16-29 | 30+ |
| Toilet Roll Balance | 0-15 seconds | 16-29 seconds | 30 seconds+ |
| Sock Throw –Part 1 | 0-1 | 2-4 | 5+ |
| Bottle Flip | 0-1 | 2-3 | 4+ |
| Throw and Catch | 0-15 | 16-29 | 30+ |
| Sock Throw –Part 2 | 0-1 | 2-4 | 5+ |
| Hurdles | 0-10 | 11-15 | 16+ |