

**VIRTUAL SPORTS DAY****TUESDAY 9TH JUNE 2020**

Every year Melrose Primary School children take part in a Sports Day. This year they are having a Virtual Sports Day and we would love the ELC children to join in the fun (especially if their older brothers and sisters are taking part).

The primary school pupils will be marking their scores on a score sheet which will be emailed to school. Scores will be tallied against their House team and the winning House will be announced in the same way as it would be on Sports Day.

ELC children have not been allocated their House teams yet therefore we would love it if they could (with adult help!!) post photos of their participation on the ELC Team or email them to either:

Mrs Patterson gw09pattersoncarol@glow.sch.uk

Mrs Hall gw14hallrebekah@glow.sch.uk

Mrs Brown gw15brownsarah2@glow.sch.uk

All the information for each activity is listed below. There are 15 activities for you to choose from (some are quite challenging however we wanted to give them the same choice as their brothers and sisters!). Primary 1 pupils are being scored on completing 4 activities.

Our aim is to get everyone active on **Tuesday 9th June** and our ELC practitioners and teachers will be supporting this through the School App, Teams and email. However, we are aware that weather and time may play a factor in getting this completed so you will have until **Thursday 11th June** to complete your activities.

SAFETY: Please ensure that your child is reminded to take care completing activities and is wearing suitable clothing, their laces are tied and they are supervised appropriately.

ACTIVITY ONE:

SKIPPING

Equipment Needed.....

- **Skipping rope**
- **Timer/stopwatch**

What you need to do.....

- **You are going to skip non-stop for **1-minute** counting how many skips you do.**
- **Make sure you keep your hands wide either side of you. Give yourself plenty of space to skip. Keep going and don't stop – Stamina and rhythm is key!**
- **Maybe even play some music to keep you going!**

Scoring sheet:

- **Write the number of skips you have achieved in the box labelled 'SKIPPING'.**

ACTIVITY TWO:

MOUNTAIN CLIMBERS

Equipment Needed.....

- **Timer/stopwatch**

What you need to do.....

- **You are going to see how many Mountain Climbers you can do in **1 minute**.**
 - **Start in the push-up position with your arms completely straight and directly beneath your shoulders. Your body should form a straight line from your shoulders to your ankles.**
 - **Squeeze your abs, lift one foot off the floor and bring your knee up towards your chest while keeping your body in as straight of a line as possible.**
 - **Return to the starting position and repeat the movement with your opposite leg.**
- **Repeat as many times as you can in **1 minute**.**

Scoring sheet:

- **Write the number of Mountain Climbers you have achieved in the box labelled 'MOUNTAIN CLIMBERS'**

ACTIVITY THREE:

WALL THROW

Equipment Needed.....

- **Ball that you can bounce against a wall and space.**
- **Timer/stopwatch**

What you need to do.....

- **You are going to see how many passes against the wall you can do in **1 minute**.**
 - **Stand facing the wall take 3 paces backwards away from the wall.**
 - **When the timer starts throw and catch the ball against the wall as quickly as you can keeping a count for every successful catch against the wall.**
 - **If you drop the ball that's ok - keep going!**

Scoring sheet:

- **Write the number of successful catches you have achieved in the box labelled 'WALL THROW'.**

ACTIVITY FOUR:

SPEED BOUNCE

Equipment Needed.....

- **Very low hurdle, garden cane, towel or books.**
- **Timer/stopwatch**

What you need to do.....

- **How many times can you jump over the towel/books/hurdle/cane in **1 minute**? This will work your speed endurance.**
- **Use the video resource below to show you how to set this up correctly and safely:**
 - **Video Resource; <https://youtu.be/jB1NWHOqpTA>**

Scoring sheet:

- **Write the number of jumps you have achieved in the box labelled 'SPEED BOUNCE'.**

ACTIVITY SEVEN:

JUMPING JACKS

Equipment Needed.....

- Space
- Timer/stopwatch

What you need to do.....

- In a space starting with your feet together see how many jumping jacks you can do in **1 minute**, make sure you move your arms and legs out and back in to count as **ONE** Jumping Jack.

Scoring sheet:

- Write the number of jumping jacks you have achieved in the box labelled '**JUMPING JACKS**'.

ACTIVITY EIGHT:

DRIBBLING - FOOT

Equipment Needed.....

- Football or general ball large enough to dribble with your **FEET**. If you don't have a ball you could use a rolled-up pair of socks.
- 2 markers
- Timer/stopwatch

What you need to do.....

- You are going to dribble the ball/socks with your feet from the start point, round a marker, 5 metres away and back to the start to count as **ONE**.
- How many times can you do this in **1 minute**?

Start: 5m Marker

Scoring sheet:

- Write the number of full laps with the ball you complete in the box labelled '**DRIBBLE – FOOT**'.

ACTIVITY NINE:

DRIBBLING - HAND

Equipment Needed.....

- **Basketball or general large ball bouncy enough to dribble with your hand.**
- **2 markers**
- **Timer/stopwatch**

What you need to do.....

- **You are going to dribbling the ball with your hand from the start point, round a marker and back to the start to count as ONE.**

How many times can you do this in 1 minute?

Start: 5m Marker

Scoring sheet:

- **Write the number of full laps with the ball you complete in the box labelled 'DRIBBLE - HAND'.**

ACTIVITY TEN:

BALL THROW/CATCH 2 BALLS

Equipment Needed.....

- **TWO Small balls or TWO pairs of socks rolled up.**
- **Timer/stopwatch**
- **Space around you**

What you need to do.....

- **You are going to throw and catch both balls/socks, non-stop, in front of your face but above head height (but not too high), for 1 minute, counting how many you successfully catch. Do one ball/sock in each hand, one after the other.**
- **A successful catch counts as one. If you drop it don't worry just pick up and carry on.**

Scoring sheet:

- **Write the number of successful catches you have achieved in the box labelled 'BALL THROW/CATCH 2 BALLS'.**

ACTIVITY ELEVEN:

RACKET HIT

Equipment Needed.....

- **Racket/bat and tennis ball or if you don't have these you can use your hand with a rolled - up pair of socks or balloon.**
- **Timer/stopwatch**

What you need to do.....

- **You are going to see how many 'kewpie ups' you can do with the ball and racket non-stop for **1-minute** counting how many you do.**
- **Start with the ball on your racket/hand and every time you manage to keep the ball up in the air counts as one.**
- **If you drop the ball don't worry pick it up and keep going!**

Scoring sheet:

- **Write the number of hits you have achieved in the box labelled 'RACKET HIT'.**

ACTIVITY TWELVE:

SHOOTING

Equipment Needed.....

- **Hoop or a bin/basket placed up high to act as a scoring net.**
- **Ball or a pair of socks rolled up**
- **Timer/stopwatch**

What you need to do.....

- **How many shots can you get into the hoop in **1 minute**?**
- **3 to 5 strides away from the hoop.**
- **Stand at your start point (3 to 5 strides away from hoop) after each shot make sure you go back to your start point to shoot.**
- **Every successful shot that goes in counts as one.**

Scoring sheet:

- **Write the number of successful shots you have achieved in the box labelled 'SHOOTING'.**

ACTIVITY THIRTEEN:

SHUTTLE RUN

Equipment Needed.....

- **Markers**
- **Measuring tape**
- **Timer/stopwatch**

What you need to do.....

- **How many times can you run a 5-metre shuttle run distance in **1 minute**?**
- **Out and back to starting marker, is ONE run.**
- **You will need your Speed and agility when working on this task!**

Scoring sheet:

- **Write your time in minutes and seconds in the box labelled 'SHUTTLE RUN'.**

ACTIVITY FOURTEEN:

CHEST PUSH

Equipment Needed.....

- **Measuring Tape**
- **Space – throwing area**
- **Ball – football, basketball size preferably but any ball will do**

What you need to do.....

- **In this throw you are going to push the ball with both hands from the chest into the throwing area in front of you.**
- **Use both hands to push the ball forward and measure from your start point to where the ball lands **FIRST** not where it ends up.**
- **Throw 3 times and record your highest score.**

Scoring sheet:

- **Measure your throw in **centimetres** and write in the box labelled 'CHEST PUSH'.**

ACTIVITY FIFTEEN:

EGG & SPOON

Equipment Needed.....

- **Markers**
- **Spoon**
- **Hard Boiled Egg or small ball or pair of rolled up socks**
- **Timer/stopwatch**

What you need to do.....

- **You are going to balance the egg/ball on the spoon from the start point, round a marker (5 metres apart) and back to the start to count as ONE.**
- **How many times can you do this in **1 minute**?**
- **Don't worry if you drop the egg/ball, just put it back on the spoon, and then carry on.**
- **No holding the egg or ball on the spoon with your hand, hold near the end of the spoon.**

Start:

5m

Marker

Scoring sheet:

- **Write the number of successful laps you have achieved in the box labelled 'EGG AND SPOON'.**