



Virtual Sports Day 2020

Waterford Educate Together NS

24th June 2020

How can we take part?

- ▶ Unfortunately we can't be together for Sports Day this year but we want to bring Sports Day into your home.
- ▶ Here you will find some activities to choose from. Feel free to change them to suit you and your family.
- ▶ Maybe you could come up with your own activities too.



Share your photos!



- ▶ We would love to hear how you get on!
- ▶ Please share photos of your activities on our “Active Schools Week” padlet.
- ▶ To share click this link
<https://padlet.com/carolrussell1/9zsit8w9qv9ubb36>
- ▶ To add a photo click “+” and upload your photo.
- ▶ Make sure you check the padlet during the week to see everyone’s photos.

Target Throw/ Kick

- ▶ What do you need?
 - Something to throw or kick - ball, teddy bear, sponge
 - Target - bowl, box, bucket, hula hoop, piece of paper on the wall
- ▶ How to set up this activity
 - Set up the target a suitable distance away
 - or
 - Set up 2 or 3 different targets different distances away, each with different points if you get that target
- ▶ How to play?
 - Use an object listed above to throw at or kick at the target.
 - Count how many times you hit the target
 - If you have different targets, count up how many points you got
 - Challenge yourself or other family members to beat your high score



Distance Throw/ Kick

▶ What do you need?

- Something to throw or kick - shoe, ball, teddy bear, sponge
- Something to measure - measuring tape, ruler

▶ How to play?

- Pick a starting point
- Use an object listed above to throw or kick
- Throw or kick the object
- Measure how far it goes
- Challenge yourself or other family members to throw or kick their object further



Traditional Races

Egg and Spoon, Three Legged Race, Wheel Barrow Race, Running Race, Crawling Race, Sack Race, Hopping Race, Skipping Race

▶ What do you need?

- Egg and spoon race - Spoon and potato or small ball
- Three legged race - pair of old tights or similar
- Sack race - sack or bag for life
- Something to mark the start line and finish line - stone/ stick/ box etc.

▶ How to play?

- Decide where the start and finish line will be and put your stone/ stick to mark it there
- Race against each other within your family or race against the clock
- Be creative come up with lots of ways to race - skipping, hopping, crawling!
- Don't forget to make a record then beat your record!



Obstacle Course

▶ What do you need?

- Something to mark out the course - stick, stone, small box, teddy bear, plastic bottle
- Something to jump over - sweeping bush, mop
- Something to throw - ball, sponge, teddy bear
- Something to throw into - bowl, bucket, box
- Something to crawl under - blanket, bed sheet
- Something to use as a tightrope - rope, string

▶ Set up your own obstacle course

- Get creative and create your own obstacle course with 5/6 activities

▶ Here are some ideas

- Use a box/ stick to mark the start
- Activity 1: Use some more markers to set up an area to zig zag in and out of
- Activity 2: Place the sweeping brush on the ground to jump over
- Activity 3: Set up a throwing activity - throw 3 things into the box before moving on
- Activity 4: Crawl under the blanket
- Activity 5: Rope or string on the ground to use as a tightrope
- Activity 6: Do 10 jumping jacks and sit on the ground

▶ Don't forget to time yourself! Can you beat your own record?



Water Relay



- ▶ What do you need?
 - Water
 - 2 containers for water - bowl/ bucket/ plastic box
 - Sponge
 - Measuring jug or cup
- ▶ How to set up the water relay
 - Fill one bucket with water, leave one bucket empty
 - Place the buckets far apart in the garden
- ▶ Aim: To transfer as much water as possible within the set time
- ▶ How to play
 - Set the timer for 2 minutes
 - First person soaks the sponge and runs to the empty bucket with the sponge
 - Squeeze the sponge into the empty bucket
 - Run back and give the sponge to the next team member
 - If there is just one person completing the activity they can continue until the time is up
 - Measure how much water is in the 2nd bucket
 - Try again to beat your record!
- ▶ When the game is over use the water to water your plants so it is not wasted!

Clothes Relay

- ▶ What do you need?
 - Stone or stick to mark the start
 - 6 pieces of clothing or accessories, for example, sunglasses, t - shirt, bag, flip flops, shorts, coat, scarf, hat
 - Box or bucket to hold clothes
- ▶ How to set up the clothes relay?
 - Place the stick or stone to mark the start
 - Place the bucket with clothes a distance away
- ▶ To play as a team
 - Set the timer
 - First person runs from start point to the bucket and puts on one piece of clothing
 - They run back, take off the piece of clothing and give it to the second person.
 - This continues until the bucket of clothes is empty
 - Check the timer. Next time try to beat your record!
- ▶ To play with one person
 - Play as above except they will not be giving the piece of clothing to the next person. They can continue to run back to the bucket.



Challenge Yourself!

- ▶ Decide on a time, for example, 30 seconds or 1 minute.
- ▶ Decide on an activity, for example, jumping, star jumps, hopping, keepie-uppies, skipping, frog jumps etc.
- ▶ Time yourself to see how many you do, for example, how many frog jumps in 30 seconds.
- ▶ Challenge yourself or someone in your family to beat your record!



Family Picnic and Chill Out!

- ▶ We know that on Sports Day the children love the opportunity to have their lunch outside to enjoy some healthy snacks and maybe a special treat.
- ▶ Have a family picnic outside and spend some time together!
- ▶ Maybe you would like to play some of your favourite songs to sing along and dance to.



Thanks For Taking Part!

- ▶ We hope you enjoyed all of the activities.
- ▶ Please share your photos on <https://padlet.com/carolrussell1/9zsit8w9qv9ubb36>
- ▶ Download a participation certificate on our website. www.wetns.ie

