



**SPORTS
DAY!**



YEAR 3/4 SPORTS DAY

Welcome to your Virtual Sports Day 2020. As we are unable to all get together to compete in our annual sports day this year, I thought it would be a cool idea to compete in Orchard Vale's first ever virtual sports day!!!

This presentation will tell you what team you are in, what events you are doing, how you do the events and how you record and upload your results.

I hope you enjoy competing in these events either at home or at school. Please try your best to help your team and most importantly enjoy taking part in them. You can even encourage parents, siblings or who ever is at home to join in as well.

Hope you and your families are all safe and well and I miss seeing you all everyday at school 😊

Mr Ovey x

How it works?

- You will be put into one of 5 teams (Great Britain, USA, China, Australia, France)
- You will have 6 events to take part in.
- You have 3 attempts to achieve your best score in each event.
- You must record your best score for each event in the table provided and then upload your table to SeeSaw
- Each team members score for each event will be added up to provide an overall team score.
- The team with the highest score overall will be the winners!!!!
- The children in school will complete the events in school as part of their PE lesson
- The children at home will complete in their house, in their garden or in a outside area where they are able to maintain social distancing from other people.
- No cheating please 😊 😊 😊 😊 😊

The Events....



Javelin

Find an object you can throw (rolled up pair of socks, toilet roll, ball)

Set up a start position where you will throw the object from. From the start position throw the object as far as you can

When the object hits the floor measure out the distance it landed from where you through it in METRES.



Bowling

Use an object to use as your bowling ball (rolled up socks, ball, toilet roll)

From 3 metres away roll your object at 6 skittles (toilet roll tubes, empty bottles)

Try to knock down as many skittles as you can.

You get one point for every skittle knocked down.



5m Sprint

Find 2 objects and use one as your start position and one for the end position.

Place your starting object on the floor and measure out 5 metres. Then place your finishing object on the floor.

As fast as you can, sprint from your starting object to your finishing object.

How many times can you sprint from one object to the other in 30 seconds?

The Events continued.....



Throw and Catch

With a small ball, ideally a tennis ball, or a beanbag or rolled up pair of socks. Throw the object, up in the air and catch it again.

The object must go above your head and you must catch the object for it to count towards your score.

If you drop the object you must start again from 0.

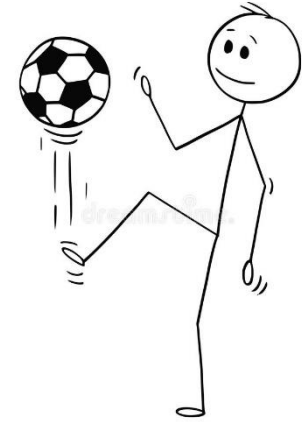
How many successful throws and catches can you do in ONE MINUTE?



Basketball Shooting

With a small object (tennis ball, beanbag, rolled up pair of socks) measure out a distance of 4 metres and place down an object you can throw the small object into (bin, bucket, saucepan etc)

How many times can you throw the small object into your target object in ONE MINUTE?



Keepy Ups

Using a small ball (if ball not available use a toilet roll or rolled up pair of socks) try to keep the ball in the air for as many times as you can using your feet or hands.

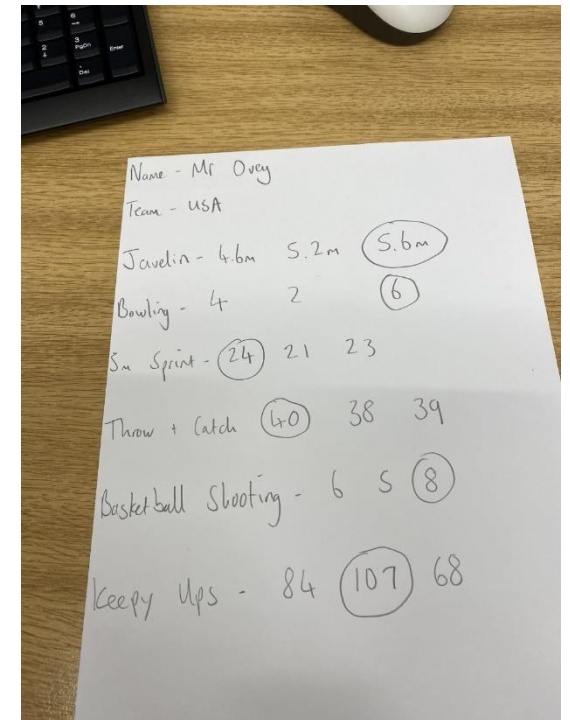
How many times can you keep the ball in the air, using your feet or hands, before the ball or object hits the floor?

Recording your results....

Name and Team	Event	Attempt 1	Attempt 2	Attempt 3	Best Score
Mr Ovey-USA	Javelin	4.6m	5.2m	5.6m	5.6m
	Bowling	4	2	6	6
	5m Sprint	24	21	23	24
	Throw and catch	40	38	39	40
	Basketball Shooting	6	5	8	8
	Keepy ups	84	107	68	107

You can upload your results in a table like Mr Ovey's example here. MAKE SURE YOU INCLUDE YOUR NAME AND TEAM

You can upload your results by writing them down on a piece of paper and circling your best score then take a photo of the paper and upload it like Mr Ovey has done here. MAKE SURE YOU INCLUDE YOUR NAME AND TEAM



Pictures and Videos

- Please feel free to send in pictures or videos of you competing in the events at home.
- I will give a prize to the best photo uploaded and the best video uploaded as well.

Results Table Template

Name and Team	Event	Attempt 1	Attempt 2	Attempt 3	Best Score
	Javelin				
	Bowling				
	5m Sprint				
	Throw and Catch				
	Basketball Shooting				
	Keepy Ups				

Certificates

- Everyone who uploads their results will receive a certificate of participation

