



**SPORTS
DAY!**



YEAR 5/6 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 😊😊😊😊😊
- **You have until Friday the 11th July at 4pm to upload your results**

The Events....



Speed Jump

Find an object you can jump over (rolled up pair of socks, toilet roll, book)

Stand side on to the object, feet together and jump sideways over the object.

How many times can you jump over the object in ONE MINUTE?



Long Jump

Use an object to use as your start position (rolled up socks, tea towel, cone etc)

From your starting position keep your feet together, bend your knees, swing your arms and JUMP as far as you can.

When you land ensure you keep your feet together and stay balanced, if you fall it doesn't count.

Using a measuring tape, measure the distance from your starting object to the back of your feet.

What is your longest distance in metres?



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.

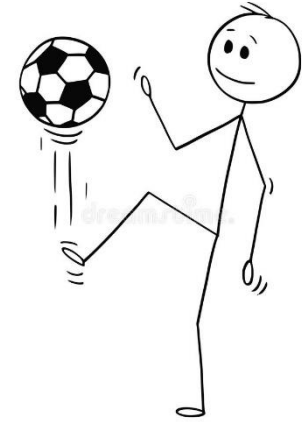
How many successful throws and catches can you do in ONE MINUTE?



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 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 hands or feet.

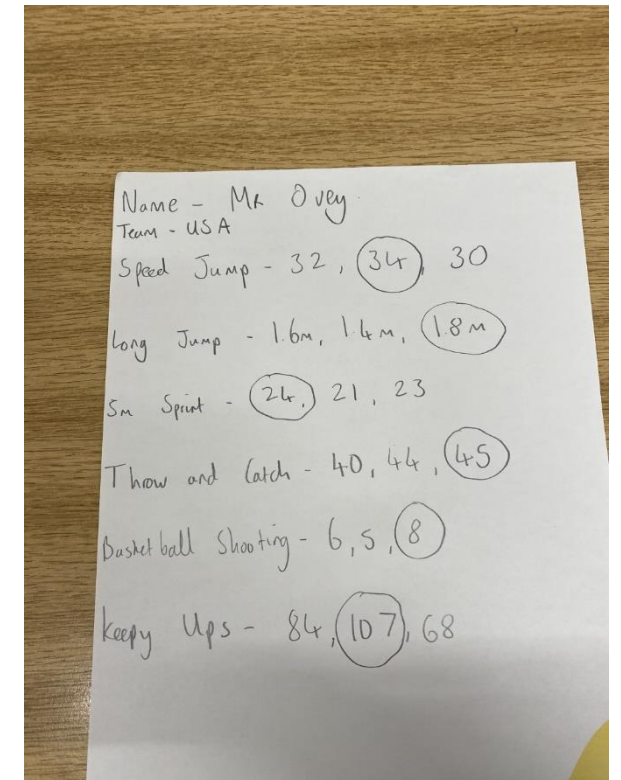
How many times can you keep the ball in the air before the ball or object hits the floor?

Recording your results....

Name and Team	Event	Attempt 1	Attempt 2	Attempt 3	Best Score
Mr Ovey-USA	Speed Jump	32	34	30	34
	Long Jump	1.6m	1.4m	1.8m	1.8m
	5m Sprint	24	21	23	24
	Throw and catch	40	44	45	45
	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



Results table template

Name and Team	Event	Attempt 1	Attempt 2	Attempt 3	Best Score
	Speed Jump				
	Long Jump				
	5m Sprint				
	Throw and Catch				
	Basketball Shooting				
	Keepy Ups				

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.

Certificates

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





GOOD LUCK EVERYONE!

I HOPE YOU ENJOY TAKING PART IN OUR
VIRTUAL SPORTS DAY!

I LOOK FORWARD TO SEEING ALL YOUR
RESULTS AND YOUR PHOTOS AND VIDEOS!

SEE YOU ALL SOON

MR OVEY X