

The Good Shepherd CPS Virtual Sports Day

Date: W/C 6th July

8 challenges to try through the week. Note your best score for each one. At the end of the week you will log all your scores together on google forms. LINK: <https://forms.gle/B1S6PrxFzyddPxJ36>

All videos and examples will be shown on the school youtube page. With school staff showing you how it is done!

There will be awards for:

- Most participated Year group (It will be a percentage of the class that have had a go)
- Most Participated House Group (1 point for every child that has entered a score)
- Best individual scores in each year group. Which boys and girls have the best scores for each challenge in their classes

Challenges done throughout the week with a guide below on when to try.

Friday is Fancy Dress Friday!!! Let's see you trying some of the challenges in Fancy Dress.

The 8 Challenges:

**Speed Jumping
Speed Bounce
Egg and Spoon
Wall Catch
Tap up Challenge
Tunnel Run
Target Throw
Bottle Flip Challenge**

Equipment needed in preparation:

**Broom handle/long stick,
Egg and spoon,
Large ball/ tennis ball,
Balloon (only EYFS/KS1),
Beach towel,
Tea towel,
Bucket/container**

Day	Monday	
Topic	Speed Jumping	Equipment needed
Challenge 1	Speed Bounce- How many jumps can you do in 30 seconds	Something thin to jump over. E.g broom handle, rolled tea towel
Challenge 2	Speed Jumping- How many star jumps can you do in 30 seconds	None Needed

Day	Tuesday	
Topic	Coordination with under pressure	Equipment needed
Challenge 1	Egg and Spoon- cones 3 metres apart. How many cones can you go round in 30 seconds. If you drop the egg must put back on and let go with hands before restart.	Spoon and egg (if allowed). Options- can hard boil the egg, can use a small potato, could scrunch up a small ball of paper.
Challenge 2	Wall Catch- throw a ball against a wall and catch as many times as you can in 30 seconds. If drop continue to count your score.	<p>KS1- can use a large ball and catch with two hands. Can choose to try older age challenges if find challenge easy.</p> <p>Year 3/4- use a smaller ball e.g Tennis ball and can catch with two hands</p> <p>Year 5/6- use a smaller ball but must catch with one hand. Try and alternate catching hand as well.</p>

Day	Wednesday	
Topic	Hand eye coordination and agility	Equipment needed
Challenge 1	Tap up challenge- how many times can you tap up in 30 seconds.	<p>EYFS/KS1- Can use a balloon to tap up</p> <p>Year 3/4- use a scrunched-up piece of paper and tap up as many times as you can</p> <p>Year 5/6- Use an object e.g frying pan/larger hardback book and a scrunched-up piece of paper.</p>
Challenge 2	Tunnel Run- Over/Under the positioned broom- 1 point for every over/under	Two chairs and a broom/stick

Day	Thursday	
Topic	Throwing for accuracy and timing of throw	Equipment needed
Challenge 1	Target Throw- how many hits in 30 seconds. 1 point for beach towel, 2 points for tea towel, 3 points for wash basin.	Beach towel, Tea towel, container/bucket/wash basin, pairs of rolled up socks.
Challenge 2	Bottle flip Challenge- how many times can you get your bottle to flip and land in 30 seconds.	A plastic bottle filled slightly with water

Friday: FANCY DRESS FRIDAY!!

Have a go at any of the challenges in fancy dress to beat your scores. Send in your scores by 2pm, using the google form link!

