



Stenbury Federation Virtual Sports Day 2020

Hello everyone, I hope you are all well and have been enjoying the recent sunshine.

Today is our 2020 virtual sports day!

You will take part in seven different activities including running, throwing, jumping and dribbling. This year, as most of us are learning from home, you will take part in these activities from your own home. The activities are designed to use the equipment / everyday items you will have at home.

Videos of each activity will be on the School's Facebook page, where a member of staff and a pupil will demonstrate you what you have to do. Instruction can be found on the next page.

Please fill the below form in and send your results to:

c.knight@stenburyfederation.co.uk

Activity	Time	Attempt 1	Attempt 2	Attempt 3
Speed bounce	30 seconds			
Basketball bounces	1 minute			
10m sprint	Timed			
2 hand catches (adult to feed)	30 seconds			
Javelin / ball throw	Measured in metres			
Football dribble	Timed			
Star jumps	30 seconds			

Instructions for activities:

1) Speed bounce:

Place a cone of pair of socks on the floor. Stand next to the object with your feet together. For 30 seconds, jump over the object, back and forth, keeping your feet together. Record the amount of successful jumps in 30 seconds.

What you will need: Cone / soft object such as socks and a stopwatch / timer.

2) Basketball bounces:

With a basketball, or any other ball, bounce it as many times as you can in 1 minute.

What you will need: Basketball / ball and a stopwatch / timer.

3) 10m sprint:

Run a distance of 10m as quickly as you can.

What you will need: A stopwatch / timer.

4) 2 handed catches:

Using a tennis / small soft ball (or pair of socks rolled into a ball), count how many catches you can make in 30 seconds. You will need to get an adult to throw the ball to you in order for you to catch it.

What you will need: Tennis / small soft ball or a pair of rolled up socks and a stopwatch / timer.

5) Javelin / Ball throw:

With small ball / pair of rolled up socks, throw the object as far as you can. Get your adult to measure the distance in STEPS.

What you will need: Tennis / small soft ball or a pair of rolled up socks.

6) Football / ball dribble:

Using a football / ball / pair of rolled up socks, use your feet to dribble the ball between four cones/objects spaced 2m apart in a figure of 8 shape.

What you will need: Tennis / small soft ball or a pair of rolled up socks.

7) Star Jumps:

Start standing like a soldier, with your feet together and your arms by your side. Jump into a star position by spreading your arms and legs. Jump and return to the original position. That is 1 Star jump. How many can you do in 30 seconds?

What you will need: Stop watch / timer.