

Grateley Primary School

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A School where every child becomes a lifelong learner and realises their potential.

Friday 3rd July

Dear Parents, Carers and Children,

Please find below explanations for each activity in our virtual sports day. We will upload explanation videos for each activity on Monday as well.

There are many activities to take part in, please do as many as you can. If you cannot complete them all, that is ok, just try your best!

Grateley Sports Day Activities

1) Speed Bounce

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- Small object to jump over, a hurdle, ruler, pencil, rolled up towel, be inventive.
- A timing device

How do we score?

- One point for completing the task and extra point every time you jump over the object and land on two feet.

How do we take part?

- Stand with both feet together and your hurdle/towel to your side. With two feet take off and two foot landing, jumping from side to side, you score a point after each successful landing.
- You have one minute to complete the task. How many can you complete?
- What was your PB (Personal Best) – Have another go, can you improve?
- For fun, can other members of family have a go?

2) Standing Jump

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A measuring instrument in centimetre's
- A starting spot or line
- For fun, can other members of family have a go?

How do we score?

- We measure from the starting point to nearest point where you landed, if you fall back after landing it is to where you fall back and if you fall or step forward, it is where you originally landed.
Please measure in centimetre's and that is your score. For example, if you jump length of a standard ruler you will score 30 points (30cms)

How do we take part?

- Stand with feet together at start position, feet behind the line or on a spot
- From the standing position, jump forward. (No run up)
- Mark where you land
- Measure in cm the distance from where you started to where you landed
- Remember if fall back, you will take the nearest point to the start and if you fall forward or step forward your result will be taken back to the position of landing.

3) Sit Ups or Press ups (try both but choose your favourite)

Sit Ups

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Teddy or cushions

How do we score?

- Count number of sit-ups in one minute, one point for every sit up.

How do we take part?

- Sit on the floor, with legs either bent (knees up) or legs flat to floor. You may find it helps to hold a teddy or a cushion between feet.
- Try with hands behind head, across body in x shape shoulder to shoulder or arms to side.
– whichever is most comfortable for you.
- Start position is led down with back of head on the floor
- Ensuring lower section of body remains on floor; bring upper body towards your knees or teddy /cushion, to sit upright.
- Once up, then in a controlled manner go back down and repeat for one minute.
- For fun, can other members of family have a go?

Press Ups

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device

How do we score?

- Count number of press-ups in one minute, one point for every press up.
- No points for moving just head up and down or just waist up and down

How do we take part?

- Lay on your front
- Take up the press up position, head fixed with eyes facing the ground, arms shoulder width apart with legs straight and feet together. (if unable to complete press up in normal way, it is possible to make easier by completing on your knees).
- Move arms up and down, bending at your elbows so nose almost touches the ground and then pressing up to straighten arms and repeat.
- Try to keep body straight, when bending arms to complete press up. No points for those just bobbing head or waist up and down make sure you bend those arms.
- For fun, can other members of family have a go?

4) Blindfold/ Eyes closed Flamingo Balance

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- Blind fold or close eyes
- A timing device

How do we score?

- Hold the flamingo balance position for as long as possible. 2 points for up to every minute.
- 1-60 secs = 2 points, 61-120 secs = 4 points, 121 – 180 secs = 6 points

How do we take part?

- Stand still at starting point or on a spot
- Choose a foot and stand on that foot (like a Flamingo), other leg bent at a right angle off the ground and not on top of standing foot.
- Either close eyes or wear a blindfold
- How long can you balance? If you change feet, bounce or move the time ends
- For fun, can other members of family have a go?

5) Target

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- Targets such as Bins, Buckets, bags, saucepan, folded blanket, piece of paper
- 3 balls or similar for example rolled up socks, paper or tin foil balls
- A timing device

How do we score?

- From your start position, set first target about one metre away, set second target one metre from first and then third target about one metre from the second target.
(all one metre apart)
- First target one metre away is worth one points, Second target is three points and third target is five points.
- When all three balls have been thrown, quickly run, collect, and send again. You have one minute to send the balls as many times as possible and add you can, scoring as many points as possible.

How do we take part?

- From your start position, set first target about one metre away, set second target one metre from first and then third target about one metre from the second target.
(basically all one metre apart and score more points for the more difficult target)
- Choose which target you are going to aim for, think about your strategy, concentrate and focus
- When all three balls have been thrown, quickly run and collect all three and send again.
- You have one minute to send the balls as many times as possible and add together to reach your total score.
- For fun, can other members of family have a go?

6) Bat and Ball

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- bat and ball if no bat use your hand, if no ball use rolled up sock, paper, silver foil
- A timing device

How do we score?

- One point every time strike the ball in one minute

How do we take part?

- Strike the ball into the air and keep it up, score a point every time you make contact with the ball to send back into the air. Do not hit it too high, as you will score fewer points.
- You have one minute to score as many points as possible.
- If you drop the ball, pick it up and continue to count from where you stopped.....but the time does not stop, so be quick.
- For fun, can other members of family have a go?

7) Ball bounce

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Ball

How do we score?

- One point for every time you bounce the ball
- Score every time hand touches ball, sending back towards the floor

How do we take part?

- Hold ball in hand, send to the floor using one hand or two and repeat.
- Keep bouncing the ball as many times as you can
- You have one minute to score as many points as possible
- For fun, can other members of family have a go?

8) Shuttle Sprints

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Marker for start and finish approximately 10 metres apart (if 5m complete x2)

How do we score?

- Every time you reach the start and finish position 10 metres apart, you score a point.

How do we take part?

- On the call of go, the official will start the timing device and athlete will start running between the two points as fast as they can and as many times as possible in 1 minute.

9) All Fours

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Marker for start and finish approximately 10 metres apart (if 5m complete x2)

How do we score?

- Every time you reach the start and finish position, 10 metres apart you score a point.

How do we take part?

- On the call of go, the official will start the timing device and athlete will start moving on all fours, ensuring hands and feet are connected to the floor.
- individuals cannot stand up and run, need to use hands and feet (all fours)
- Scoring a point each time you return to start or finishing line

10) High Jump

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A measuring instrument
- Chalk, pencil, marker
- A wall

How do we score?

- Measure in centimetres the distance between standing reach position and mark you make when jump and draw a line. The score is the measurement in CM's.

How do we take part?

- Stand next to the wall and stretch arm above head, as high as possible. (your reach) and mark
- Standing next to the wall, bend you knees and jump up as high as possible making a mark at the highest point

- Measure in centimetres between the two marks (between reach and highest distance, when jumped)
- Score number of your measurement in cm

Mr Holmeswork – Bonus Points

For Home only – these activities will not take place at school

Do you want to score extra points, complete our extra challenges, get the whole family involved and send in your video or photos to school. Bonus points for your house.

Children can complete challenges and score extra 10 points for taking part in each activity

B1) Obstacle race

What do we need?

- Adult to observe and confirm your obstacle race is safe
- Someone to start and time the race.
- Be safe, be creative, have fun, use objects around the garden and house to create your very own course.... why not get the whole family involved and active?

How do we score?

- For completing task and sending photo or video, add 10 points to score sheet.
- Who in your family can complete the obstacle course in the fastest time?
- What is your PB (Personal Best) can you try again and improve your time?

How do we take part?

- Start at the beginning and work your way through a minimum of five tasks. This could incorporate some of the tasks in our sports day or use the opportunity to get more creative.
- A basic course could start with 1) 5m run to a chair 2) climb over the chair 3) complete 10 star jumps 4) Go under a blanket or Duvet 5) Bottle flip finish (fill $\frac{1}{4}$ of a plastic bottle with water) flip the bottle and land so standing up. The challenge not over until successfully landed.
- Can you improve your PB (personal best)?

B2) Dress to Impress

What do we need?

- Adult to observe, confirm your challenge is safe and time you with one minute.
- Be creative, have fun.

- Find various items of clothing and make a pile. This can include fancy dress, clothing that fit and those that will not!

How do we score?

- For completing task and sending photo or video, add 10 points to score sheet.
- At home, you have one minute to dress into as many items of clothing as possible.
- Family member with the most item wins.

How do we take part?

- Can you dress to impress? When adult says go and starts the watch, you have one minute to dress in as many items of clothing as possible.
- Adult's records score and enter on score sheet.

B3) Under and Over

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Safe apparatus to go under and over like a dining room chair

How do we score?

- For completing task and sending photo or video, add 10 points to score sheet.
- At home count the number of each circuit completed in one minute

How do we take part?

- Stand next to apparatus as start position
- Go under, then over and back to start position for one point and repeat
- You have one minute to complete as many circuits as possible and gain a point for each one

B4) Tin Can Alley

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Six tins
- Six targets
- 3 balls

How do we score?

- For completing task and sending photo or video, add 10 points to score sheet.
- At home using the balls, can you hit the targets off the tins scoring a point when you knock the target off the tin
- Be creative with targets, feel free to change balls, perhaps the targets score different values

How do we take part?

- Set up the tin, one in front, then two in middle and three at the back
- Put target on top of tins

- Have three shots, can you hit targets off the tin can

B5) Just can't 'Weight'

What do we need?

- Adult to observe and confirm safe environment
- Official to say, on your marks, get set, go and record result.
- A timing device
- Small object to hold such as a pen, pencil, ruler, piece of paper

How do we score?

- For completing task and sending photo or video, add 10 points to score sheet.
- At home for fun, see who can last the longest.

How do we take part?

- Stand with feet shoulder width apart, hold object out in front with straight arms and level with nose. If bend arms, let go of object, move feet or drop arms below nose then out.