

A DIFFERENT WAY!



SPORTS DAY 19/20

FINCHAMPSTEAD

WE ARE EXTREMELY SAD TO MISS OUT ON CELEBRATING THE ATHLETIC TALENT AT FINCHAMPSTEAD PRIMARY THROUGH OUR ANNUAL SPORTS DAY, BUT WE THOUGHT YOU MIGHT LIKE TO STILL JOIN IN AND EARN POINTS FOR YOUR TEAM COLOUR - FROM HOME! WE WOULD LOVE FOR YOU AND YOUR FAMILY TO BE INVOLVED SO WE HAVE CONSIDERED ATHLETIC CHALLENGES THAT CAN BE COMPLETED BOTH INDOORS AND OUTDOORS. THERE ARE 4 CHALLENGES THAT WILL BE SCORED. THESE SCORES WILL CONTRIBUTE TO YOUR TEAM COLOUR SCORE AND WILL DETERMINE WHO IS THIS YEAR'S **SPORT'S DAY CHAMPIONS!**

BEFORE YOU START PLEASE ENSURE YOU HAVE:

- PERMISSION FROM AN ADULT TO TAKE PART.
- A SCORER WITH PEN AND PAPER TO HELP YOU TALLY OR TOTAL POINTS.
- A CAMERA TO DOCUMENT YOUR INVOLVEMENT.
- SUITABLE ACTIVEWEAR, INCLUDING YOUR CORRECT TEAM COLOUR T-SHIRT!
- WARMED UP
- A WATER BOTTLE
- A SAFE SPACE

YOU WILL NEED:

- CHALK OR MASKING TAPE
- A STOPWATCH (SET TO ONE MINUTE)
- THREE TARGETS - PLASTIC BOTTLES ARE IDEAL NUMBERED 1,2 AND 3.
- A BALL, BEANBAG OR ROLLED UP SOCKS
- 5 ITEMS (TO ACT AS MARKERS FOR INS AND OUTS)

YELLOW

VS

RED

VS

BLUE

VS

GREEN

JUST 4 FUN PARENTS & KIDS



THESE ACTIVITIES ARE JUST FOR FUN BUT WE WOULD STILL LOVE TO KNOW YOUR ACHIEVEMENTS!

- HOW FAR (IN CM) CAN YOU DO A STANDING LONG JUMP ?
- (2 FEET TO 2 FEET, NO RUN UP)
- HOW HIGH (IN CM) CAN YOU DO A STANDING HIGH JUMP ?
- (2 FEET TO 2 FEET, NO RUN UP)
- PILLOW CASE SACK RACE
- A FAMILY PARK RUN (1K)
- FAMILY PLANK CHALLENGE - WHO CAN HOLD THE LONGEST?
- EGG AND SPOON RACE
- REBOUND CATCHES AGAINST A WALL - CATCH 3 TIMES & STEP BACK
- CREATE AN OBSTACLE COURSE - TIME IT/RELAY WITH FAMILY
- SPEED BOUNCES OVER A GENERAL BOX - HOW MANY IN 30 SECONDS?
- COMPLETE AN #NSSPORTHOMECHALLENGE

THESE CAN BE FOUND ON THE FOLLOWING SOCIAL MEDIA PLATFORMS (CLICK LINKS TO ACCESS SITES)

YOUTUBE : [NSSPORT](#)

FACEBOOK : [@NEXTSTEPSPORT](#)

INSTAGRAM : [NSSPORT2015](#)

TWITTER : [@NEXTSTEPSPORT](#)

OR DIRECT WEB LINKS ARE AVAILABLE ON

[WWW.NSSPORT.CO.UK](#)

KEYSTAGE1

INCLUDING RECEPTION

SPRINT - IN GOITS

- SET OUT 5 ITEMS DOWN A HALLWAY OR OUTSIDE SPACE.
- SEPARATE THEM WITH 1 BIG STEP
- WEAVE IN AND OUT OF THE ITEMS
- WEAVE OUT AND SPRINT BACK!

HOW MANY SHUTTLES CAN YOU COMPLETE IN 1 MINUTE ?



JUMP - LILYPAD

- ZIG ZAG 5 MARKERS ON THE GROUND (USING CHALK MARKINGS OR MASKING TAPE) SPACED WITH 1BIG STEP BETWEEN MARKERS
- JUMP FROM MARKER TO MARKER, BEING SURE NOT TO MISS ANY OUT
- JUMP OUT AND JUMP BACK

HOW MANY TIMES CAN YOU ACCURATELY COMPLETE (REMAINING ON THE MARKERS) IN 1 MINUTE ?



DISTANCE

- RUNNER SETS OUT 2 MARKERS MEASURED 5 BIG STEPS APART (USE THEIR OWN STEPS TO MEASURE THIS)
- START AT 1ST MARKER AND RUN TO THE OTHER. THIS IS 1 POINT, TURN AND RUN BACK FOR ANOTHER POINT

HOW MANY POINTS CAN YOU SCORE IN 3 MINUTES?

THROW - SKITTLES

- SET OUT 3 BOTTLES IN A ROW 3 BIG STEPS AWAY FROM A MARKER. HAVE 1 SMALL STEP BETWEEN EACH BOTTLE.
- USING ONE BALL OR BEAN BAG TRY TO HIT AND/OR KNOCK DOWN A BOTTLE. 1 BOTTLE DOWN IS 1 POINT
- COLLECT YOUR BALL, AND TRY AGAIN UNTIL ALL BOTTLES HAVE BEEN HIT. RESET WHEN ALL BOTTLES ARE DOWN

HOW MANY POINTS CAN YOU SCORE IN 3 MINUTES?



KEYSTAGE2

SPRINT

- SET OUT 5 ITEMS DOWN A HALLWAY OR OUTSIDE SPACE.
- SEPARATE THEM WITH 1 BIG STEP
- WEAVE IN AND OUT OF THE ITEMS
- WEAVE BACK

HOW MANY SHUTTLES CAN YOU COMPLETE IN 1 MINUTE ?



STANDING LONG JUMP

- USING A TAPE MEASURE AND MASKING TAPE OR CHALK, MARK OUT :
 - 1 BIG STEP = 1 POINT
 - 2 BIG STEPS = 2 POINTS
 - 3 BIG STEPS = 3 POINTS

STAND AT THE START LINE (NO RUN UP) AND LEAP FORWARDS. SCORE WHERE YOUR BACK-FOOT FIRST TOUCHES THE FLOOR.

HOW MANY POINTS CAN YOU SCORE IN 1 MINUTE ?



DISTANCE

- RUNNER SETS OUT 2 MARKERS MEASURED 5 BIG STEPS APART (USE THEIR OWN STEPS TO MEASURE THIS)
- START AT 1ST MARKER AND RUN TO THE OTHER. THIS IS 1 POINT, TURN AND RUN BACK FOR ANOTHER POINT

HOW MANY POINTS CAN YOU SCORE IN 5 MINUTES?

THROW - TARGET

- SET OUT 3 BOTTLES IN A LINE 3 BIG STEPS AWAY FROM A MARKER. HAVE 1 STEP BETWEEN EACH BOTTLE.
- USING ONE BALL OR BEAN BAG TRY TO HIT AND/OR KNOCK DOWN A BOTTLE
 - 1ST BOTTLE = 1 POINT
 - 2ND BOTTLE = 2 POINTS
 - 3RD BOTTLE = 3 POINTS
- COLLECT YOUR BALL, AND TRY AGAIN UNTIL ALL BOTTLES HAVE BEEN HIT. RESET WHEN ALL BOTTLES ARE DOWN

HOW MANY POINTS CAN YOU SCORE IN 3 MINUTES?



SCORE SHEET

NAME:

TEAM COLOUR:

SPRINT

JUMP

TALLY:

TOTAL:

TALLY:

TOTAL:

DISTANCE

THROW

TALLY:

TOTAL:

TALLY:

TOTAL:

RESULTS

COPY AND PASTE THE FOLLOWING (IN EXACT ORDER) AND SEND TO THE FOLLOWING EMAIL ADDRESS:-

FINCHPARENTS@FINCHAMPSTEAD.WORKINGHAM.SCH.UK

NAME:

CLASS:

TEAM COLOUR:

SPRINT TOTAL:

JUMP TOTAL:

DISTANCE TOTAL:

THROW TOTAL:

THANK YOU
FOR GETTING ACTIVE
AND SCORING POINTS TO
CONTRIBUTE TOWARDS YOUR
TEAM COLOUR SCORE!



JUST 4 FUN SCORE AREA

USE THIS SPACE TO SHARE YOURS AND THE FAMILY'S ACHIEVEMENTS:-

A large dotted grid area for sharing achievements.