

Active Bubbles

Virtual Sports Day



Introduction



Rammie has been filmed taking part in Sport Day! Watch Rammie take part in the activities and see if you can beat his score!

Click here: <https://youtu.be/M9aiK49lP9w>

This resource features activity cards to support the delivery of a Virtual Sports Day, at home or school. The activities feature:

- Social distancing
- Bubbles/small groups
- Non contact activities
- Taking place outdoors
- Minimal equipment (to be allocated individually to pupils)

Health & Safety

The Association for Physical Education have produced guidance and a self review toolkit to support the Physical Education, School Sport and Physical Activity education workforce during this period. Key considerations and principles include:

- Clean frequently touched surfaces
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

The full guidance can be accessed via: <https://www.afpe.org.uk/coronavirus-guidance-support/>

You will also need to review your risk assessment procedures to ensure both pupils and the workforce are protected and safe.

Running Race



Equipment Needed: Markers, Stopwatch

Rules

The aim is to run as far as possible in one minute. This is done by running in between the two markers, every time you get back to the starting point you score one point. See how many points you can score in one minute.



Primary: 10pts
Secondary: 13pts



Primary: 12pts
Secondary: 15pts



Primary: 15pts
Secondary: 18pts

Teaching Points

Lean forward, big strides, swing arms with arms bent at elbow from hips to lips. Run straight.
When turning, stay low and drive out of corner.

Standing Long Jump



Equipment Needed: Cones, Tape Measure

Rules

Start standing on two feet behind a line. Jump as far as you can, and mark where you land. Measure the distance from the back of your heel to the jumping line. Have three attempts, and record your best score.



Primary: 1m
Secondary: 1.5m



Primary: 1.25m
Secondary: 1.75m



Primary: 1.5m
Secondary: 2m

Teaching Points

Start feet shoulder width apart, bend knees slightly and swing arms back. Swing arms forward at take-off. Land on two feet and bend knees.

Standing Triple Jump



Equipment Needed: Cones, Tape Measure

Rules

Standing behind a line/cone. Perform a triple jump by hopping, skipping and jumping as far as you can. Mark where the back of your heel lands and measure the distance. Have three attempts and record your best score.



Primary: 3.5m
Secondary: 5m+



Primary: 4m
Secondary: 5.5m+



Primary: 5m
Secondary: 6m+

Teaching Points

For right footed students. Start by hopping from your right foot, and landing on your right foot again, then skip on to your left foot, jumping and landing with two feet. Knees bent on landing.

Vertical Wall Jump



Equipment Needed: Chalk, Wall to draw on

Rules

Stand with your back to the wall and raise your arms straight above your head and mark where your fingers tips are. Then jump with the chalk in your hand and make another mark on the wall. Then measure the distance between the two points and this will be your score. You have three attempts.



Primary: 25cm
Secondary: 35cm



Primary: 30cm
Secondary: 40cm



Primary: 35cm
Secondary: 45cm

Speed Bounce



Equipment Needed: Something to jump over e.g. skipping rope or shoelaces, you could also mark a line with chalk, stopwatch

Rules

You have 30 seconds to jump over the line keeping your feet together going from side to side.
Record the number of jumps you can do in one minute.



Primary: 30
Secondary: 40



Primary: 40
Secondary: 45



Primary: 55
Secondary: 55

Seated Chest Push



Equipment Needed: A large ball e.g. football, tape measure

Rules

You must sit on a chair/floor and using a chest push technique, you must throw the ball as far as you can. You mark the throw from where it first bounces. You have three attempts.



Primary: 2m
Secondary: 3m



Primary: 4m
Secondary: 6m



Primary: 6m
Secondary: 9m

Teaching Points

The fingers are spread behind the ball which is held at the chest, and the ball is then pushed away from the body quickly by fast extension of the arms.

Distance Throw



Equipment Needed: A tennis ball, tape measure

Rules

Using an overarm throw technique, throw the tennis ball as far as you can, marking the distance where the ball first bounces. Have three attempts and record your best score.



Primary: 5m
Secondary: 10m



Primary: 10m
Secondary: 20m



Primary: 15m
Secondary: 30m

Teaching Points

Stand side on, non-throwing foot forward, bring throwing arm behind your ear, point at the target with non-throwing hand. Throw and release ball at 45 degree angle.

Egg and Spoon Race



Equipment Needed: Egg, spoon or any flat surface e.g. bat or book, cones, stopwatch.

Rules

You must balance the egg on the spoon and go around the end marker then back to the start as quickly as possible. The markers should be five metres apart. Make sure you do not hold the egg on the spoon and every time you get back to the starter marker you score a point. See how many points you can score in one minute.



Primary: 6pts
Secondary: 8pts



Primary: 8pts
Secondary: 10pts



Primary: 10pts
Secondary: 12pts

Score Card



Name:

Year Group:

Event

Score

Running Race



Standing Long Jump



Standing Triple Jump



Vertical Wall Jump



Speed Bounce



Seated Chest Push



Distance Throw



Egg and Spoon



BUNTING TEMPLATE

DERBYSHIRE SCHOOL GAMES

#stayinworkout

#stayhomestayactive

Virtual Competition

Don't forget to submit your entry to the competition at www.activederbyshire.org.uk/forms/view/sgvc before 9:00am on Friday 3rd July 2020 Earn points for your school and download your certificate

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For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

MEDAL TEMPLATES

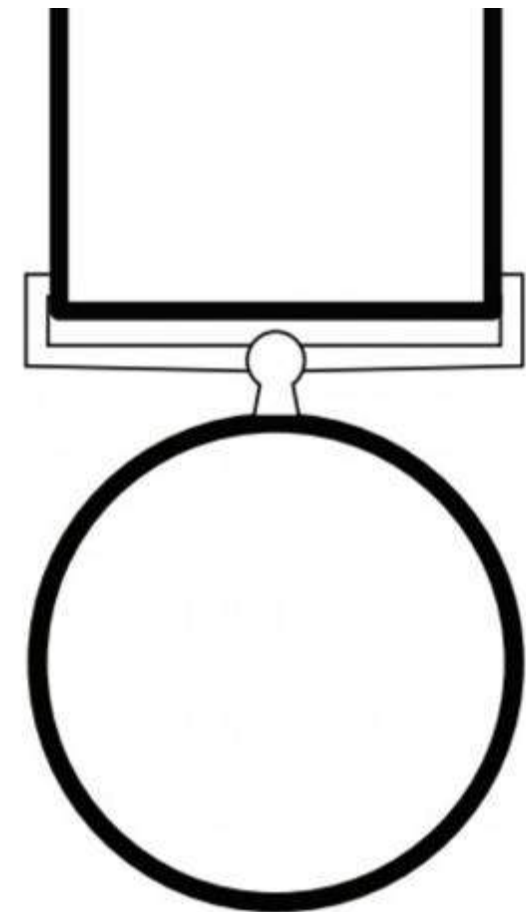
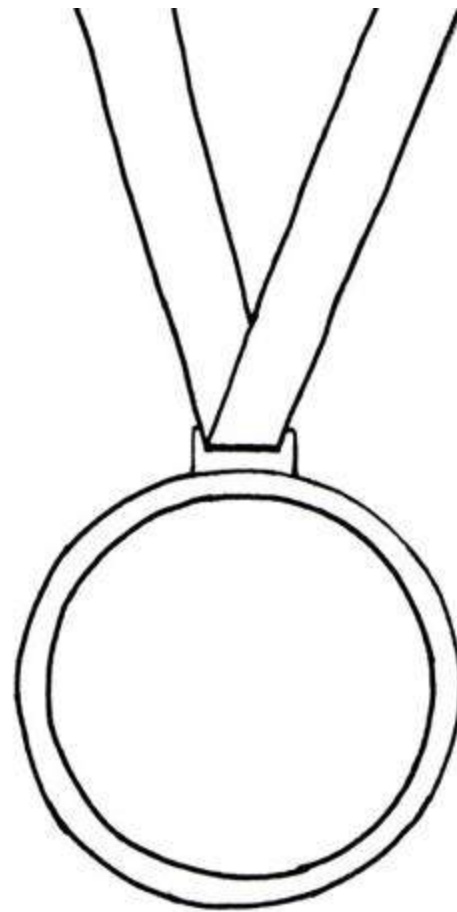
DERBYSHIRE SCHOOL GAMES

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