

Virtual Sports Day 2020

1st Class

- Anyone can join, make a family sports day if you like.
- Be safe and have fun 😊!
- You can print the certificate on the last slide if you like.



Ms Scott & Ms O'Sullivan

How today will work...

5

There will be 5 stations:

1. Spud and spoon race
2. Bullseye
3. Clothesline sprint
4. Funny faces
5. Obstacle course

There is a sample picture of each station, feel free to copy it or create your own version.

Please note:

- Any of these stations can be done inside or outside.
- If you don't have some of the equipment, use anything in your house. E.g. you could use a pair of socks instead of a small ball.
- We would love to see all of you having fun so maybe take some pictures/videos and email us or share them on the schools Facebook page.

1. Spud and spoon race

What you need:

1 potato and a tablespoon, 2 cones (use anything like socks or cans of beans for example, if you don't have cones).

How to play:

- Mark out a start and finish line for your race (if its too easy make the distance longer).
- Place the potato/spud on your spoon.
- When it is balanced try to run or walk without letting the potato fall off the spoon.
- Go to the start position that you have made and try get to the finish line without dropping the potato (if it falls just pick it up and go again 😊).

Sample:

1. Spud and spoon race

Cone 1

Potato

Spoon

Cone 2



2. Bullseye

What you need:

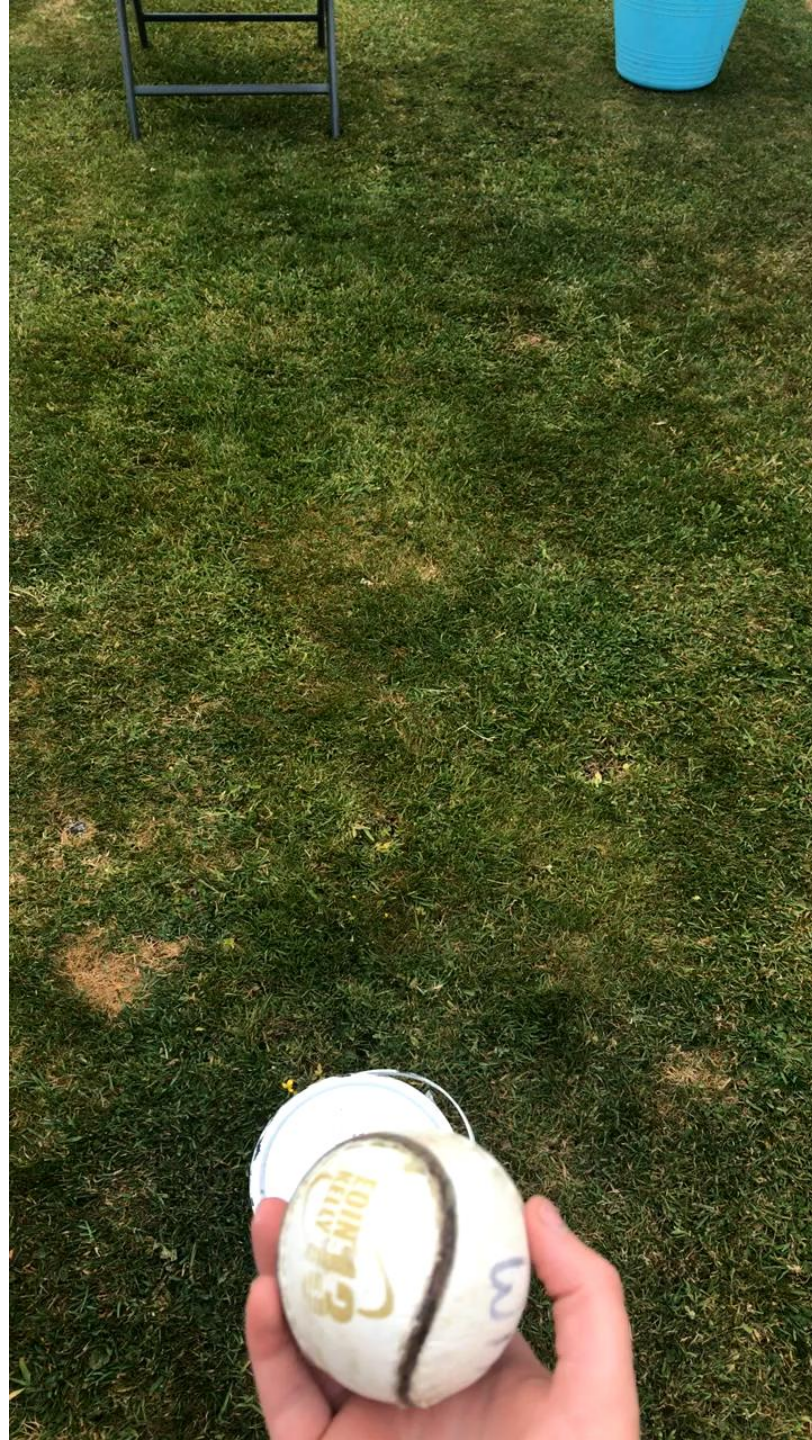
3 targets (baskets/buckets/saucepans), cone and a ball.

How to play:

- The aim of the game is to throw the ball into each target.
- Set up the 3 targets (place them at different heights to make it more challenging)
- Place a cone 5-10 steps away from the targets.
- Stand behind the cone and try throw the ball into each target.

Sample:





3. Clothesline sprint

What you need:

6 cones, a piece of clothing for each station.

How to play:

- Place 6 cones around the garden/room in as big a circle as possible.
- The first cone will be your start and end position.
- At the 5 other cones place an item of clothing, e.g. 1=jumper, 2=coat, 3=hat, 4=gloves and 5=scarf.
- Once the station is set up go to the starting position. As fast as you can run to each cone and try put on the piece of clothing before moving on to the next cone.
- When you have the final piece of clothing on run to the end cone. You will look silly at the end of the race, its great fun.
- You can change this to have fewer or more clothes stations if you like!

Sample:



4. Funny faces

What you need:

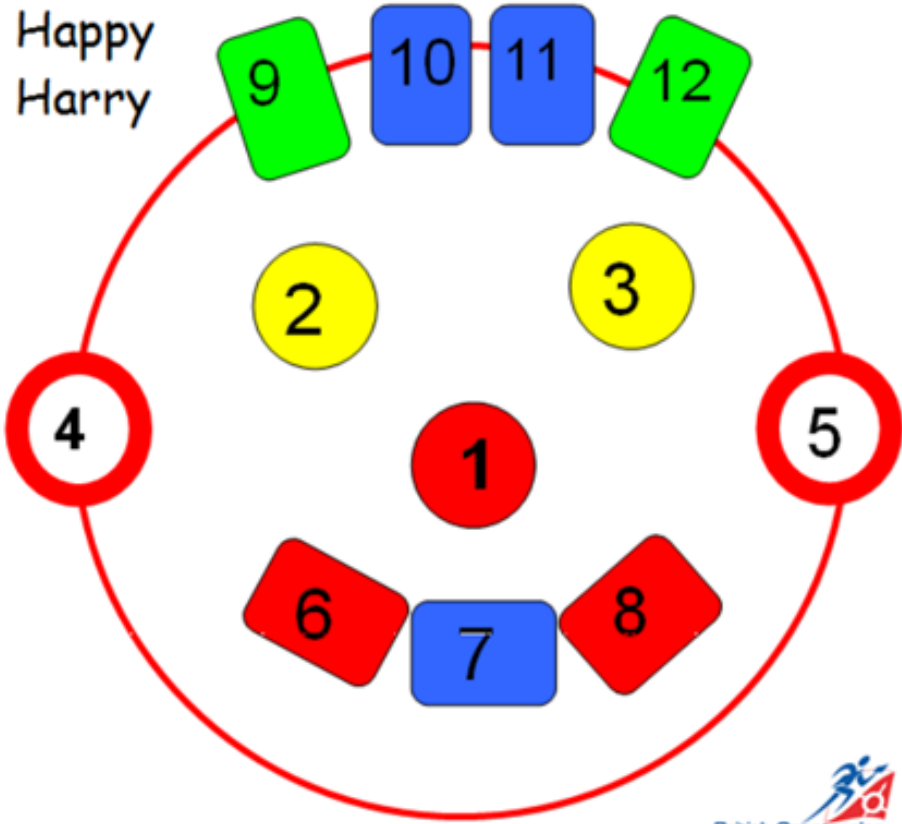
'Happy Harry' picture on next slide, 2 green objects (e.g. socks), 3 blue objects (e.g. towels), 2 yellow objects (e.g. lemons), 3 red objects (e.g. apples), 2 objects with a hole in the middle (e.g. toilet roll), 2 cones.

How to play:

- Place each cone at a start and finish line of your choice.
- At the start position place all the objects in a pile.
- Use the 'Happy Harry' picture attached as a map/guide.
- Run as fast as you can from the start to the finish line bringing one object each time. At the finish line place the object in the correct position (use the map/guide) and assemble the face.
- If you want to have extra fun start again and try create a different face.

Happy Harry

Sample: 4. Funny faces



Cone 2

Cone 1

Coloured items that match the guide

Happy Harry 😊

5. Obstacle course

What you need:

This one is up to you, be as creative as you can and have fun!

How to play:

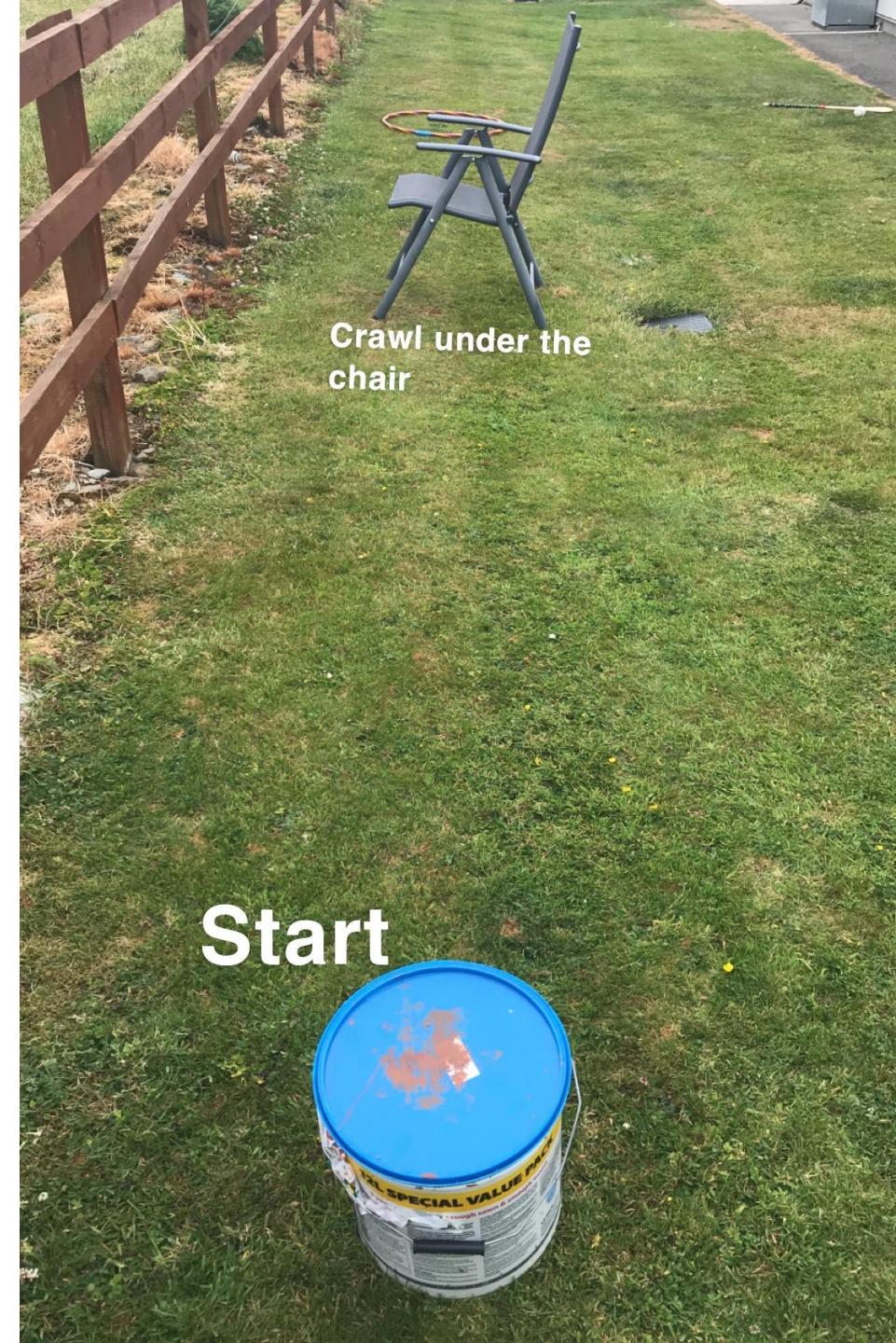
- Again using things you already have at home try and create a fun and tricky obstacle course.
- Once you have the course assembled try and complete it as fast as you can.

Sample:

5. Obstacle course



Crawl under the chair



Start





**Hop the sliotar on
the hurley 5 times**



Hula hoop 5 times



**Dribble the ball
around the cones
and back**



**Jump into the
hoop to finish**



**Fast feet through
the ladder**

Virtual Sports Day 2020

Congratulations to _____
for participating in Virtual Sports Day 2020.



Date June 2020

Ms Scott &
Signed Ms O'Sullivan