Shelford School Sports Day Friday 19th June 2020

Welcome to our Virtual Sports Day!

- \bigcirc To prepare for the day, get dressed in your house t-shirt (or your house colour).
- Make yourself a house flag or banner you will still be representing your house even though we cannot all be together.
- Q Gather the equipment you need for the 5 events listed below.
- Have a practice of each event.
- imes When you are ready to begin ask someone in your family to keep a record of your score for each event.
- 2 Once you have completed all of the events submit your score sheet to <u>yearl@shelford.cambs.sch.uk</u> Make sure you include your name and house.
- 2 You could also include a photo of you with your flag or banner, or you taking part in one of the events. These will be shared on the school website.
- Q Good luck and have fun!













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Event 1 - Standing Long Jump

You will need to mark a line that you will jump from.

- O Ankles, knees and hips are bent ready for take-off.
- o Arms swing behind the body.
- o Both feet leave the ground together.
- o Arms swing forward and up in the jump.
- o Both feet land at the same time, with ankles, knees and hips bent.
- o Record your distance when you land.

Please record five jumps.

Event 2 - Sock and Spoon Race

You will need a spoon and a pair of socks rolled up into a ball. Mark out a distance of five metres.

- o Balance the socks on the spoon be careful not to drop the socks.
- o Walk between the cones as many times as you can in one minute.
- o If you drop the socks, stop to pick them up and then continue.

Please record the number of times you walked between the markers.

Event 3 - Bucket Throw

You will need a bucket and a tennis ball (or your socks rolled in a ball).

- o Stand five strides back from the bucket.
- o Throw the ball into the bucket using an under-arm throw.
- o Have ten throws.

Please record the number of times the ball went in the bucket.

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Event 4 - Tea Towel Hurdles

You will need four tea towels, laid on the floor with a one metre space between them.

- o Jump over each of the hurdles
- o Run back to the beginning
- o Repeat
- o Court how many times you do this in 30 seconds.

Please record the number of times you went over the set of hurdles.

Event 5 - Running

Mark out a distance of five metres.

o Run between your two markers as many times as you can in one minute.

Please record the number of times you ran between the markers.

Score Sheet

Please submit the following information. You could also include a photo.

Name	
House	
Event 1	
Event 2	
Event 3	
Event 4	
Event 5	

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