

## **Some Suggestions for Sport's Day 2020**

This year our Sport's day will be like no other year, but I hope you can still have lots of fun. Here are some suggestions of things you might like to try, feel free to do extra activities, your favourite sport, or pick and choose from some of the ones suggested. If you don't have a garden you might like to use a green area for some of these activities, or choose suitable alternatives that work for you and your family circumstances.

If you look at the virtual classroom there are links that you can either follow along dance routines or activities or there are tutorials for the various sports activities.

### **Warm up**

Click the smiley face and go to Cosmic Yoga, choose a video tutorial you would like to try, alternatively you might like to do a few stretches, there's a chart with lots of stretches attached at the end of this document.

### **Basketball**

In the virtual classroom, click the basketball, there is a tutorial for how to spin a basketball on your finger. Try it and see how you get on. If you haven't a basketball use any kind of a ball you have. Alternatively see how many times you can pass the ball to a partner/parent in a minute? How many times you can pass it without dropping it? Try a chest pass - throw it so it doesn't bounce and your partner can catch it at their chest and a bounce pass - one bounce then catch. How

many bounces you can do in 30 seconds? Can you run and dribble the ball (bounce it)?

## **Skipping**

There is a skipping song in the classroom, you may not like it that's no problem, you can skip to the song and join in or you can time yourself or ask someone to time you - how long will it take to do 20, 40, 60, 80, 100 skips? Can two people skip together without getting tangled in the rope? If there are three of you one hold each end of the rope and let the other person jump in the middle - take turns to be in the middle.

## **Soccer**

In the classroom the suggested game is to stick sheets onto a wall and make them your target - give the sheets different values 5, 10 or 20points, see if you can kick 50/100 points. Alternatively kick the ball to a partner, how many times can you get it over and back without having to chase after the ball? Take turns to take penalties. Remember it's just for fun! Dribble the ball up and down the garden use cones or old mugs to dribble around.

## **GAA**

There's a tutorial in the classroom if you want to try these challenges.

**Hurling - use a tennis racket where appropriate if you don't have a hurley**

Lift, jab and solo - see if you can lift and carry the ball a short distance and pass it to the next person - or see how many times you can go up and down with the ball in two minutes.

3 taps and pass - tap the ball 3 times and pass it to a partner, if you're on your own hit it against the wall and try and catch it as it comes back. How many can you do in two minutes?

Strike and Control - hit the ball to a partner/the wall and return it as quick as possible. See how many you can do without having to chase after the ball. How many can you do in 2 minutes?

## **Football**

Solo Challenge - how many solos can you do in a minute? How many times can you solo up and down your garden in two minutes?

Fist pass and Catch - with a partner or against a wall, how many times can you pass the ball without dropping it? How many can you do in two minutes?

Strike and Control - kick the ball to the wall, see can your partner catch it and kick it back to the wall for you to catch. If you're on your own can you kick it along the wall and move up and down the house (along a wall with no windows!!) or garden catching and kicking as you go.

## **Joe Wicks full body Workout**

Click on the people to the left of the whiteboard in the classroom to try a session with the bodycoach, some of these are really tough, something fun after this I promise. Alternatively spell out your name and another person in your family's name or maybe your friend's name. If this is too easy try and do the whole alphabet. If there's something you aren't able to do choose something else off the list to do instead - I can't somersault - and unless you have a very thick mat or trampoline and adult supervision you shouldn't somersault either.

# what's fit activity for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - [WWW.THEYSMELL.COM](http://WWW.THEYSMELL.COM)

I promised something fun so next up is a family challenge!

## **Water bucket family challenge**

If you click on the bucket in the virtual classroom you will see some people having a go at this challenge. It's a good idea to try this just before taking a break in case you need to change clothes. This is fun for all the family if you don't have bucket use a large plastic bowl or a large but not heavy saucepan - no injuries please! Half fill this with water - the colder the better ;-) everyone lie down in a circle and put your feet to the base of the bucket, you need one person to stay out to put the bucket into the middle of the feet. The goal is not to get wet. You need each person to take off their shoes one at a time and to be very, very careful otherwise SPLASH!!

## **Leapfrog**

Play a game of leapfrog with your family. If you aren't sure how to play of you click the frog you will get a quick lesson. If you haven't anyone to play with or don't want to play leapfrog how many frog hops can you do in 30seconds - do this twice as fast as you can, which score will be higher? I bet you can beat your first score. If you beat your first score you could always check which round would be the best out of three.

## **Welly Toss**

Make a line outside and see how far you can throw a welly. If you don't have wellys use an old runner. Do the best out of three throws measure how far it goes - use a measuring tape or steps. Make sure everyone is behind the line before you

throw the welly. There's a tutorial if you press the boots in the virtual classroom.

### **Towel flip challenge**

If you press the blue and white towel in the classroom you'll see how to do this. You have to put the teatowel (an old one) flat on the ground. Then you stand on it and the challenge is to turn it over completely but you cannot step off the teatowel. So you will need to turn part of the towel and step on the turned part and then finish turning the towel. How many can you do in thirty seconds - it's not as easy as it sounds. Only full turns count - no cheating.

### **Bottle Flip Challenge**

You need a bottle with some water in it. You want to try and flip the bottle and have it land upright. Every two tries you need to do two jumping jacks. If you press the bottle in the classroom you'll see what I mean. If the bottle lands upright you get a point, how many points can you get in a minute?

### **Dance Off Challenge - Mario**

This is a dance along challenge, if you want you can click Mario in the classroom and copy the moves on screen alternatively turn any music up, sing and dance like nobody is watching.

### **Throwing and Catching Challenges**

In the classroom if you click the children throwing a ball to each other you can see a tutorial of what you can do for this challenge. Here is your chance to perfect your throwing and catching skills, there are six short challenges in this. First

throw the ball up with two hands and catch it with one hand. Each catch is a point. Remember to try this with both hands. How many can you do in thirty seconds each hand. Next throw as high as you can and catch before it hits the ground. How many can you do in thirty seconds, how high can the ball go? Challenge three, throw the ball and clap three times before you catch. Challenge four, throw the ball up spin around and catch it. Remember to keep track of your points. Challenge five, throw the ball up really high and touch the ground with both hands before you catch it. You need to be really quick. Challenge six juggling, throw it from one hand to the other. How many can you do in 30seconds? Remember each catch is a point what is your total points count at the end of the six throwing and catching challenges?

### **Badminton - An introduction**

If you click the badminton racket you will find an introduction to badminton tutorial. If you don't have badminton rackets you could use a tennis racket and ball to pass to each other or a sliotar and hurley or pass a football to each other. There's no need to buy equipment it's just for fun, skip this one if you don't have rackets and a shuttlecock.

### **Egg and Spoon Race, Sack Race, Three legged Race**

There's a quick video to show how to do an egg and spoon race if you click the box of eggs in the virtual classroom. A less messy option is a small potato and spoon race or a hardboiled egg race. I've heard of people using blu tack to keep the egg in place but that's definitely cheating!!! There's no tutorial

for the sack race but get your legs into a sack or a very old pillowcase (get permission) and jump down the garden, see who can go fastest. For the three legged race stand beside your partner and tie the legs closest together with a shoe lace and time yourself to go the length of the garden. Walk very slowly at first and be careful - I don't want to hear you injured yourself or someone else.

### **Rock, paper, scissors Tag**

There's a video tutorial if you press the girl running in the classroom. Start in the middle of the garden. You play rock, paper, scissors and if you lose you have to try and catch the other person before they get to the edge of the garden or space you are playing in. If you get to your side without being caught you win. Play for 2/3 minutes.

### **Traffic lights**

Here you need something each colour of traffic lights. One person is in charge of the lights, if they show you something green you run, something orange you walk slowly and something red you stop. You'll see a short video if you click the traffic lights. Take turns to be in charge of the lights.

### **Bear Crawl**

The cute teddy holds a real challenge - bear crawling, get on all fours, lift your knees and use your hands and feet to crawl along try to keep your back flat and straight, pretend it is a table and there's a glass of water on it that you don't want to spill on yourself. It's not as simple as it seems.

### **Pin ball bowling**

Bottles and a ball are all you need for this challenge. Click the bowling pins in the classroom for a demonstration. Line up some bottles (if they keep falling over put some water/soil in them) see how many throws it takes you to knock them all. Who is the Champion in your house?

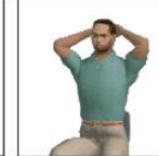
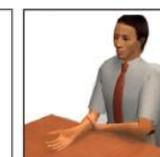
### **Ten at ten exercise challenge**

This is hidden behind the clock. Choose one episode to workout with. Alternatively try this workout, you'll need a dice. How much can you get done in ten minutes?



### **Cool Down - Yoga**

Click on the grey mat at the right hand side of the classroom and it will bring you to a selection of yoga poses, each one takes less than a minute and you will have a full body stretch to end your sports day. Alternatively try some of these stretches.

						
Reach for the Sky	Shoulder Shrug	Back Extension	Wrist and Finger Press	Spread Wings	Eyes Around the Clock	Doorway Stretch
						
Ankle/Leg Extension	Invert Palms	Arms Forward and Up	Back Arch	Inhale and Exhale	Flex Wrist Forward	Clench Fingers and Make Fist
						
Elbow Pull	Hands Over Eyes	Calf Pull	Hands Overhead	Extend and Flex Fingers	Chin Tuck	Neck Pull
						
Temple Massage	Thumb Stretch	Arms Side and Up	Hands to Floor	Neck Twist	Extend Arms and Fingers	Median Nerve Glide
						
Focus on Infinity	Hamstring Stretch	Standing Body Twist	Elbows Together	Wiggle Hands	Flex Wrist Backward	Forearm Burn
						
Trunk Twist	Head Side to Side	Extended Arm Rotation	Thumbs Across Palms	Big Wide Yawn	Scratch the Back	Arms Behind

## **Congratulations! You've finished Sports Day 2020**

I hope you had a great time today and aren't too exhausted. If you have any pictures from your day I'd love to see them.