



**Lissan Primary School**

*'Together We Learn'*



## Sports Day



In term three our pupils would “normally” have been outside preparing and practising for our school Sports Day. This year we are asking all our pupils to get involved in our Virtual Sports Day on **Friday 12<sup>th</sup> June**. Last week I sent a link to “Healthy Kidz” Virtual Sports activities, I hope the boys and girls managed to get outside and practise some of these events.

We are very aware that parents have been inundated with requests to download apps, remember usernames and passwords and logon to numerous websites and so we would like to keep Sports Day as straightforward as possible. We would just like the children to spend the day outside focussing on the enjoyment of sport – in whatever form! While, we have included some guidance on the next few pages on how to complete the more traditional Sports Day events we also know that our pupils have been inspirational in recreating their own sporting activities.

So, on Friday 12<sup>th</sup> June we would ask everyone to get involved and if you can, send us a photograph or message to let us know what you have been doing. As always, there will be a special prize for EVERYONE when we return to school in September. **These prizes have been generously donated by LCC! A massive “thank -you” to LCC.**

**Keep an eye on our school website for special “Warm Up and Motivational” videos posted by Luke McWilliams and Finn and Kian Hughes – these pupils have certainly kept us all moving with their videos over the last ten weeks – thank you.**

Have a fantastic day!

*Mrs Ciara McIntyre*

# SPRINT

## You Will Need

A 'Tester' to shout "On Your Marks, Get Set and Go" and record time

A stopwatch

2 cones or garden objects



## How To Set Up and Record Your Result

Place your 2 cones or garden objects 10 metres apart on a flat, non-slip surface (or 20m if you have sufficient space). When the Tester shouts "On Your Marks", stand with your feet about shoulder-width apart, with your dominant foot slightly in front, just behind the first cone. Distribute most of your weight on the front foot. On "Set," bend slightly at the hips and knees, keeping your head and chest up. From here, place your arms in the ready position with one arm high behind your back (this should be the same arm as your dominant foot) and one arm low in front of your body. You may also start in the \*four-point\* start position with both hands on the ground (see image below).



Finally, when the Tester shouts, "**Go**" explode towards the second cone straight ahead, touching it before returning to your starting point.

Primary 1-4 (Foundation & Key Stage 1) students will cover 40m and the Tester will record how long it takes using the stopwatch.

Primary 5-7 (Key Stage 2) Students will cover 60m and the Tester will record how long it takes using the stopwatch.

The Tester will then inform you of your time in seconds to 2 decimal places, for example 23.13s.



# LONG JUMP (Standing Broad Jump)

## You Will Need

A Start Line- this can be any household object like a piece of rope or a plank of wood.

A Measuring Tape

A Tester with a marker- this can be any small, movable object like a stone or a pair of socks

## How To Set Up and Record Your Result

At the start line, stand with your feet about shoulder-width apart, facing forwards with your toes just behind the line. When you're ready, dip slightly at the knees and jump as far as you can (just like below), raising your arms up above your head to propel yourself forward as far as possible.



Try to stick your landing (stumbling forwards is not permitted) and the Tester will place the marker behind whichever heel is closest to the Start Line.

Complete 3 attempts and move the marker only if you manage to beat your previous effort.

The Tester will then measure the distance from the start line to the Marker to the nearest centimetre, for example 137cm and let you know your result.

# High Jump

## You Will Need

A high wall or fence

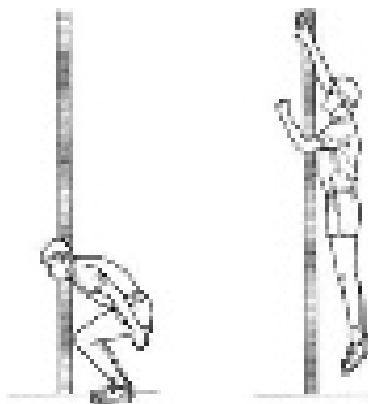
A measuring tape

A 'Tester' with a pencil/chalk or similar to mark the height of your jump

## How To Set Up and Record Your Result

Begin standing sideways to the wall or fence you will be using, with your dominant arm a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side. With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.

You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you, explode off the ground touching the wall with your dominant hand at the highest point possible.



The Tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark whilst \*stationary\* and jumping mark at the top of the jump).

Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort.

The Tester will then measure the distance between the two marks in centimetres and let you know your best result.

# EGG AND SPOON RACE

## You Will Need

- An egg (boiled to avoid any mess!)
- A tablespoon
- A 'Tester' to shout "Ready, Steady and Go" and record time
- A stopwatch
- 2 cones or garden objects

## How To Set Up and Record Your Result

As per the sprint set-up, place your 2 cones or garden objects 10 metres apart on a flat, non-slip surface (or 20m if you have sufficient space).

