We have had so much fun creating a Sports Day/Week that you can complete at home!

Below you’ll see a choice board of 15 Sports activities. You need to download the PDF so that you can access the links on each section. From there, you’ll see ideas and videos that will help you set up a Sports Day/Week in your home! You might like to do one activity each day, spread it out over a week, or do all activities in one day. The choice is yours!

Everyone who takes part will receive an electronic certificate via email. Please email us to let us know how many games you completed.

**How to earn your certificate:**

|  |  |  |
| --- | --- | --- |
| A picture containing clock  Description automatically generated | **Bronze** | 1 activity completed this week |
| A picture containing clock, blue  Description automatically generated | **Silver** | 2-7 activities completed this week |
| A picture containing red  Description automatically generated | **Gold** | 8+ activities completed this week |

We also have a special competition for obstacle courses. Whoever designs the most creative obstacle course will receive a special certificate and a photo of their obstacle course will be uploaded onto the School Blog for everyone to see.

We’d love to see your photos of your Covid 19 Sports Day, so make sure you send them in! Remember, there needs to be more than one person in the photo, so we can upload to the blog.

PS. Why not organise something nice to eat for the finale. An ice-lolly, some juice or maybe a bag of popcorn would go down a treat!

Create a playlist for Sports Day background music or access a ready made album at <https://open.spotify.com/playlist/7t02bxdFRuJHD8xSGyF8tD?si=FHOcL62uRS6JQw8I_By1lg>

The most important thing is to have fun, and enjoy the Sports Challenges!

Please credit

<https://www.ecsligo.ie/>

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities>

Healthy-kidz.com

on the blog

**Further Explanation of Some of the Games for the Blog**

|  |  |
| --- | --- |
| **Rock Paper Scissors**  Child faces opposite a partner about a metre apart. Play the traditional game Rock, Paper Scissors. Winning person chases partner towards safety line behind them.  Example of Game:  <https://youtu.be/oYCPKHFvveM>  Harder Activity: Make the Face  <https://youtu.be/wukOb2owkWY> | **Kick to Score**  Stick Target Areas at various heights on a wall.  You could place numbers on the targets so that they could get a score for whichever target they hit. Play ‘Beat my Score’/Beat Mam/Dad’s Score’!  Example:  <https://youtu.be/XCGol4Y2Txk>  Harder Activity: Rebound  <https://youtu.be/KHoYnuwCo0c> |
| **Bowling**  Create a bowling lane about 5m in length. Place skittle/empty bottles at the end of the lane. Each bowler has three balls to bowl over as many skittles as possible.  Example of Game:  <https://youtu.be/cg9gURRP63c>  Easier Activity: Throw a tennis ball at the wall and count how many times you can catch it in 30 seconds. | Any skipping rope activities, rhymes or games. Your child might  skip using a rope, while saying a rhyme. If no rope is available, she might like to try the game below.  **Jack be Nimble:**  <https://youtu.be/nllViOJhowc> |
| **Obstacle Course** Example  <https://youtu.be/sXjDO9G2JQY>  Can involve static balance or controlling the body while moving!! Why not create an obstacle course that includes some balances, rolls, high and low movement. Could you include the element of water if the obstacle course takes place outside!!?  Be as inventive as you like. | |

**Sports Day at Home – Email to parents**

At this time of year, the children are looking forward to the event of the year: Sports Day!

Sadly, the children won’t get the opportunity to experience a Sports Day in the traditional sense this year. Below are a list of easy activities and links that might help you re-create some of the fun and joy that Sports Day brings into your home.

We have created a choice board of 15 activities that your child might like to complete this week as part of our virtual Sports Day/Week. Download the PDF link which will allow you to click on the different boxes, videos/instructions of how to complete the activities. Your child may have her own ideas of how the task could be improved, and if this is the case, by all means go ahead and change it. You might choose to do one activity, do all the activities one day, or spread them out over the week.

Everyone who takes part will receive an electronic certificate via email. Please let us know how many activities your child completes so we can send the correct certificate. We also have a special competition for obstacle courses. Whoever designs the most creative obstacle course will receive a special certificate and a photo of their obstacle course will be uploaded onto the School Blog for everyone to see.

The most important thing is to have fun, and enjoy the Sports Challenges.

We’d love to see your photos of your Covid 19 Sports Day, so make sure you send them in! Remember! We cannot post a picture of a child on her own on the blog.

***Stay active and have fun!***

**How to earn your certificate:**

|  |  |  |
| --- | --- | --- |
| A picture containing clock  Description automatically generated | **Bronze** | 1 activity completed this week |
| A picture containing clock, blue  Description automatically generated | **Silver** | 2-7 activities completed this week |
| A picture containing red  Description automatically generated | **Gold** | 8+ activities completed this week |

**Junior Choice Board**



**Senior class choice board**



A screenshot of a social media post

Description automatically generated