

Good Morning,

At the end of this week we will be hosting our 'virtual' sports day. Below is an outline of how the day will run in school and instructions for the events (children may like to compete at the same time as their peers, where possible). We would love to see as many of you as possible joining in and sharing your pictures and videos (please send these to the school admin email address). We are hoping to add these to the sports day page on the school website for you all to see. We would love to have as much of a whole school feeling as possible but understand that this won't be possible for all families.

To keep the events as accessible to all as possible they are the same for KS1 & KS2. This will allow for siblings to compete together without the need for additional equipment and resources. Also, for children from separate households to participate together (where the government guidance allows).

Instructions for the events and scoring are listed below. Please submit your child's/children's results by **4pm on Tuesday 14th July**.

I hope you all enjoy the events and we are looking forward to seeing how you get on. Please get in touch if you have any questions about the event and scoring.

Good luck!

Best wishes

Mrs Bearman

Programme of the day:

Spofforth

9.00 – 9.45 – Class 3

9.45 – 10.30 – Class 2

10.30 – 11.15 – Class 1 (First group)

11.15 – 12.00 – Class1 (Second group)

Follifoot

13.00- 13.45 – Class 1

13.45 – 14.30 – Class 3

14.30 – 15.15 – Class 2

Reception and Key Stage 1 programme:

Sprint shuttle run

Target throwing

Dribbling run

Balancing slalom run

Key Stage 1 results should be submitted via the link below by 4pm on Tuesday 14th July.

Reception and Key Stage 1 results link:

<https://forms.gle/1EbbZS45tTyEpEKR7>

Key Stage 2 programme:

Sprint shuttle run

Target throwing

Dribbling run

Balancing slalom run

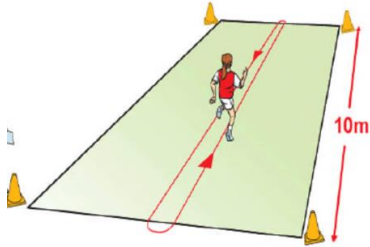
Key Stage 2 results should be submitted via the link below by 4pm on Tuesday 14th July.

Key Stage 2 results link: <https://forms.gle/7v6bMjWoMwKbBXv96>

Reception and Key Stage 1

Event 1 –

Sprint – shuttle run



Rules

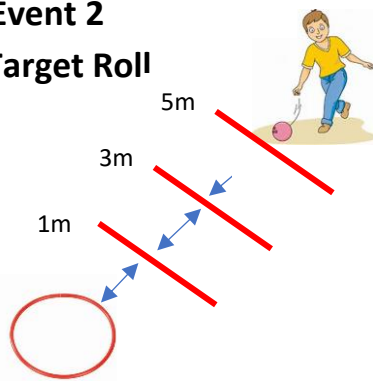
- Start behind the start line
- Run to the opposite line and ensure you place a foot over the line before you return.
- See how many shuttle runs you can do in 60 seconds
- If however, every time you didn't step over the end line at the end, you don't get your point for that length.

Body

- Ensure you plant that foot over the end lines and get low in your turn and then drive away.

Event 2

Target Roll



Rules

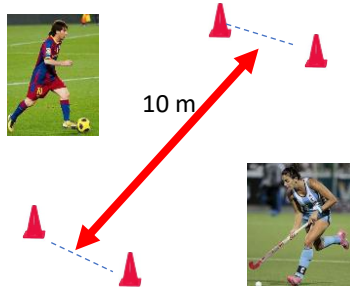
- Stand behind each of the Roll lines and roll the ball three times from each line (you could use chalk/sticks or masking tape to mark these out).
- The ball must stay in the hoop (or mark/draw a hoop or square with chalk or masking tape).

Scoring:

- From the 1 metre line , each time the ball stays in the hoop you get 1 point (maximum of 3 points)
- From the 3 metre line , each time the ball stays in the hoop you get 3 point s(maximum of 9 points)

Event 3

Dribbling Run



Rules

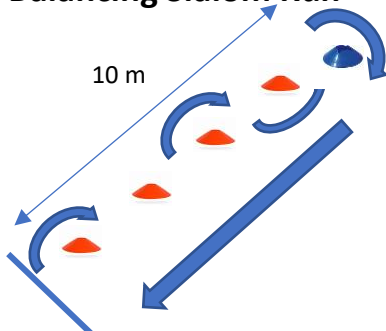
- Start behind the start line
- Dribble a ball by either using your foot or an object like a hockey stick or sweeping brush to the opposite line and ensure you place a foot over the line before you return.
- Keep going until 60 seconds is up, see how many laps you can do (a lap = a 10 metre strip)

Scoring

- Every time you complete 10 metres you get 1 point.

Event 4

Balancing Slalom Run



Rules

- Start behind the start line with a tennis ball balancing on a spoon.
- Slalom through the cones while balancing your tennis ball on a spoon, when you get to the blue cone run straight back to the start line. Keep going for 60 seconds.
- See how many balancing shuttle runs you can do in 60 seconds
- Every time you pass the start line you get one point.
- If your ball drops of your spoon, just pick it up and carry on until your time is up.

Equipment required

Tape measure
Timer/phone/ Ipad
Ball (any size)/ rolled up pair of socks
Cone/markers/plant pots/ items of clothing
Hoop/masking tape/chalk
Pen & score sheet to record

Reception & KS 1 Recording sheet

Event	Practise	Final Score
Sprint shuttle run		
Target throwing		
Dribbling run		
Balancing slalom run		

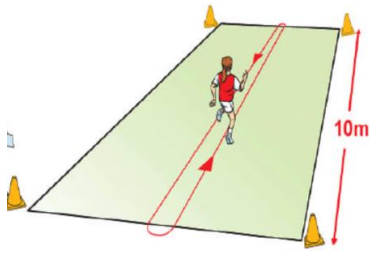
We'd love to see some pictures of your sports day fun if you would like to send them into school (admin@spofforth.n-yorks.sch.uk, admin@follifoot.n-yorks.sch.uk).

Key Stage 2 Virtual School

Sports Day

Event 1

Sprint – shuttle run



Rules

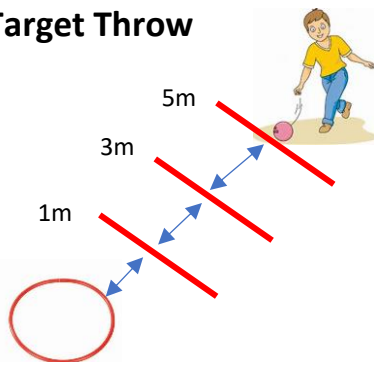
- Start behind the start line
- Run to the opposite line and ensure you place a foot over the line before you return.
- See how many shuttle runs you can do in 60 seconds
- If however, every time you didn't step over the end line at the end, you don't get your point for that length.

Body

- Ensure you plant that foot over the end lines and get low in your turn and then drive away.

Event 2

Target Throw



Rules

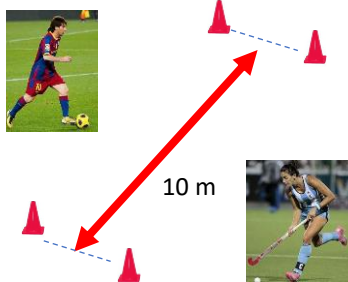
- Stand behind each of the Throw lines and throw the ball three times from each line (you could use chalk/sticks or masking tape to mark these out).
- The ball must stay in the hoop (or mark/draw a hoop or square with chalk or masking tape).

Scoring:

- From the 1 metre line , each time the ball stays in the hoop you get 1 point (maximum of 3 points)
- From the 3 metre line , each time the ball stays in the hoop you get 3 points (maximum of 9 points)

Event 3

Dribbling Run



Rules

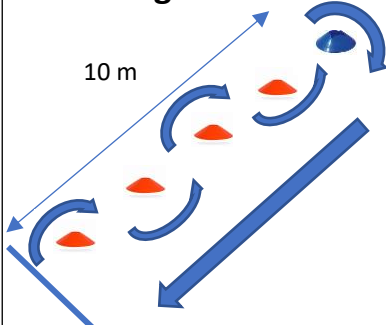
- Start behind the start line
- Dribble a ball by either using your foot or an object like a hockey stick or sweeping brush to the opposite line and ensure you place a foot over the line before you return.
- Keep going until 60 seconds is up, see how many laps you can do (a lap = a 10 metre strip)

Scoring

- Every time you complete 10 metres you get 1 point.

Event 4

Balancing Slalom Run



Rules

- Start behind the start line with a tennis ball balancing on a spoon.
- Slalom through the cones while balancing your tennis ball on a spoon, when you get to the blue cone run straight back to the start line. Keep going for 60 seconds.
- See how many balancing shuttle runs you can do in 60 seconds
- Every time you pass the start line you get one point.
- If your ball drops of your spoon, just pick it up and carry on until your time is up.

Equipment required

Tape measure
Timer/phone/ Ipad
Ball (any size)/ rolled up pair of socks
Cone/markers/plant pots/ items of clothing
Hoop/masking tape/chalk
Pen & score sheet to record

KS 2 Recording sheet

Event	Practise	Final Score
Sprint shuttle run		
Target throwing		
Dribbling run		
Balancing slalom run		

It would be great if you could photo of your child performing these activities and send them into school (admin@spofforth.n-yorks.sch.uk, admin@follifoot.n-yorks.sch.uk).