



# Virtual Sports Day

## Thursday 25 June 2020

### Welcome from the CEO:

Across **Northern Star Academies Trust** we are very excited to be welcoming more children back to school following the Covid -19 pandemic. We want to use the remaining weeks of the summer term to celebrate our children's achievements and find every opportunity that we can to support their social, emotional, physical and mental health. And, what better way to do that than a **Trust-wide Virtual Sports Day**.

In a world that has been harshly impacted in the last four months, we believe that sport is a uniquely unifying activity that can connect children and young people together from across societies and communities. On **Thursday 25th June 2020**, we will be hosting a virtual Sports Day, led by the Sports Team at Harrogate High School and involving children from across our Trust Partnership of eight schools and all Years 6's who will be joining our two secondary schools in September 2020.

We can't wait to see the results and we hope you take part in one or more of the five challenges set out below. Good luck!

Yours sincerely,

Jenn Plews



## Suggested programme of the day:

**10:00am Welcome from Headteacher (if child is at school)**

Reception, Key Stage 1 & 3 programme:

10:10am	Sprint Shuttle Run
10:30am	Standing Long Jump
11:00am	Speed Bounce
11:30am	Target Throw
12:00noon	Zig Zag Ball Shuttle Run

**Key Stage 1 & 3 results should be submitted via the link below by 7:00pm**

Reception and Key Stage 1 results link: <https://forms.gle/fyEN3HgHHWeSaGGn9>

Key Stage 3 result links: <https://forms.gle/tQTCokSdcMEqyRCS7>

Key Stage 2 & 4 programme:

1:00pm	Sprint Shuttle Run
1:30pm	Standing Long Jump
2:00pm	Speed Bounce
2:30pm	Target Throw
3:00pm	Zig Zag Ball Shuttle Run

**Key Stage 2 & 4 results should be submitted via the link below by 7:00pm**

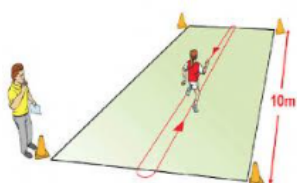
Key Stage 2 results link: <https://forms.gle/8g3txzJnpyPiYfFZ6>

Key Stage 4 results link: <https://forms.gle/Kc1F4HqcDghJUrr96>

Key Stage 3 is Years 7, 8 and 9 and Key Stage 4 is Years 10 and 11

# Virtual School Sports Day Events

## 20 x 5m Shuttle Run



Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

**PLEASE USE A FLAT / DRY SURFACE**

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**PLEASE USE A FLAT / DRY SURFACE**

## Standing Long Jump



## Speed Bounce

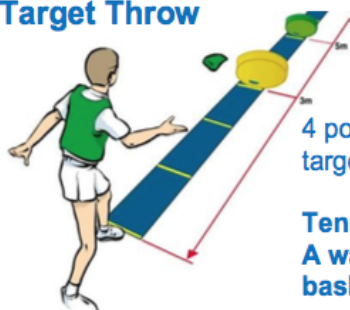


The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

**All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.**

## Target Throw

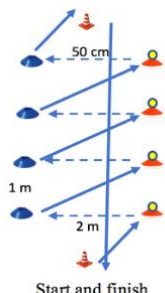


The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated.

4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target

**Tennis Balls, Rolled up socks or small soft toys can be used. A washing basket, paper bin, cardboard box or dog basket are example target items.**

### Zig Zag Ball Shuttle Run


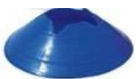















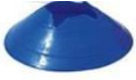




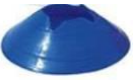





Set up the course as shown in the diagram. Cones 1m apart along sides. Sides 2m apart. Start and End cone 50cm beyond end line. Athletes must start with one foot by the start cone. On "go" run the route as shown moving tennis ball from one side to other (Red to Blue cones). Then round the top end cone and back to the finish line.

How fast can you do complete the course in, no score if the ball / socks don't stay on your target.

Tennis balls, rolled up socks can be used for the items your moving while if you don't have cones you can use a folded towel or tins of beans for your markers.

## Equipment required

Events	Equipment required	Adapting equipment
Event 1 <b>Sprint – Shuttle Run</b>	  	  Mobile      Tin
Event 2 <b>Long Jump</b>	 	  Chalk      Tin
Event 3 <b>Speed Bounce</b>	 	  Mobile      Towel
Event 4 <b>Target Throw</b>	    	  Mobile      Socks
Event 5 <b>Zig Zag Ball Shuttle Run</b>	  	   Mobile      Socks      Tin

## Recording sheet

Event	Practice	Final Score
<b>Sprint Shuttle Run</b>		
<b>Long Jump</b>		
<b>Speed Bounce</b>		
<b>Target Throwing</b>		
<b>Zig Zag Ball Shuttle Run</b>		

# Picture/Video of your child performing

We would be delighted to see students taking part in these activities. If you are able to send a video or picture of your child performing activities to [sportsday@harrogatehighschool.co.uk](mailto:sportsday@harrogatehighschool.co.uk) we hope to share these images on our Trust websites and social media. By sending these, you are providing confirmation that you agree to the sharing of images/videos in this way.

## Results

**Please submit your results by the following link:**

Reception & Key Stage 1 results by 7.00pm - Link: <https://forms.gle/fyEN3HgHHWeSaGGn9>

Key Stage 2 results by 7.00pm - Link: <https://forms.gle/8g3txzJnpyPiYfFZ6>

Key Stage 3 results by 7.00pm - Link: <https://forms.gle/tQTCoSdcMEqyRCS7>

Key Stage 4 results by 7.00pm – Link: <https://forms.gle/Kc1F4HqcDghJUrr96>

Results will be produced by school, year group and activity. Bronze, Silver, Gold and runner up announcements to be made on **Thursday 2<sup>nd</sup> July 2020**.