

VIRTUAL OLD FASHION SPORTS

DAY

This virtual sports day is made up of 1 event:

- Old Fashion Sports Day

Record your score on the results table.



This challenge is linked to the School Games value of Teamwork

How can you demonstrate teamwork throughout this challenge?

Just keep going. Working together and never giving up. And give it your BEST shot!

Can you be a Leader?

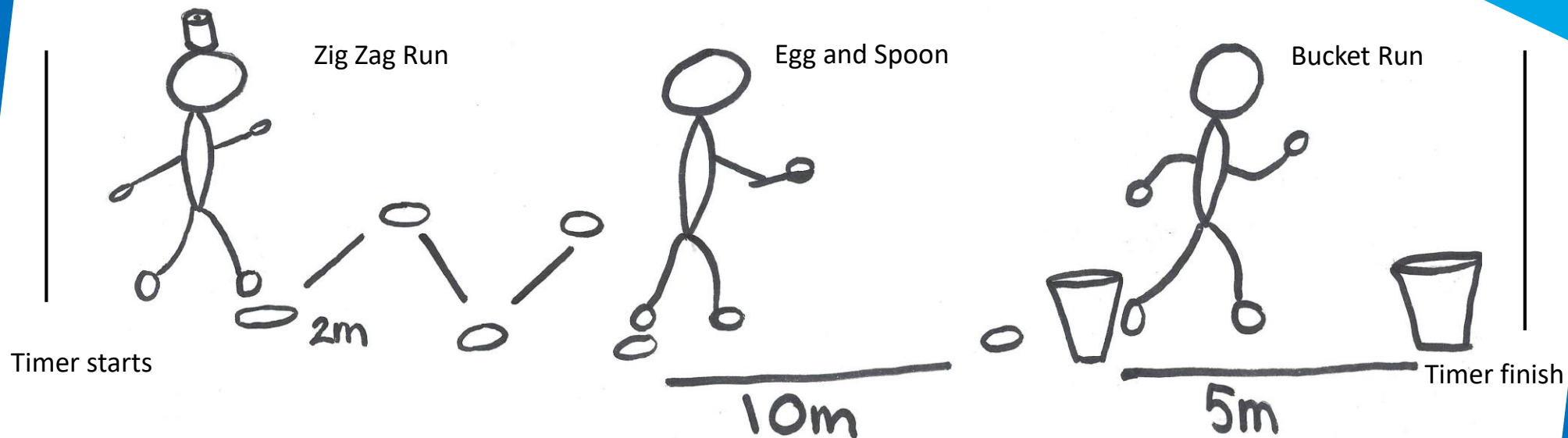
- Explain or demonstrate to a member of your household the event
- Teach another member of your household how to take part in this activity and challenge them to a mini competition

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VIRTUAL SPORTS DAY

ACTIVITY : OLD FASHION SPORTS DAY.



- This is a continuous obstacle course consisting of 3 activities – Zig Zag Run , Egg and Spoon and Bucket Run
- You must start the timer when you start the zig zag and stop the timer as you cross the finish line with your full bucket. **DO NOT STOP THE TIMER IN BETWEEN EACH OF THE ACTIVITIES**
- Set the course up as shown in the diagram above. (more details on descriptions for each activity below)

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- Warm up before you start

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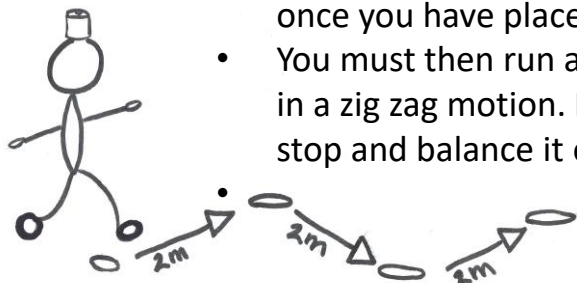
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Video

- Link to video can be found [here](#)

VIRTUAL SPORTS DAY

ACTIVITY: ZIG ZAG RUN



- This is the first of the 3 activities . You must start the timer once you have placed the quoit on top of your head.
- You must then run around the outside of each cone or marker in a zig zag motion. If the quoit drops off your head you must stop and balance it on your head before you carry on.

When you get to the final cone stop, remove the quoit and pick up the egg and spoon ready to continue

DO NOT STOP THE TIMER!

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles

EQUIPMENT NEEDED

- Cones
- Quoits
- Measuring tape

BUT WHAT ELSE CAN I USE?

- Some sort of markers/ jumper
- Toilet roll / sock
- 30 cm ruler

MAKE IT EASIER

- Move the cones closer together
- Use a bigger object to balance on your head.

MORE OF A CHALLENGE

- Move the cones further apart
- Use a smaller object to balance on your head

MAKE IT INCLUSIVE

- In a wheel chair wheel around the cones with an object on your lap.

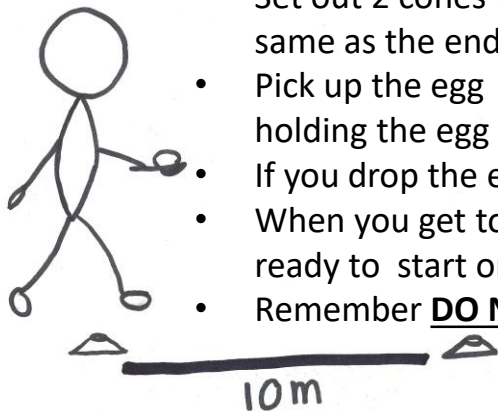
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VIRTUAL SPORTS DAY

ACTIVITY: EGG AND SPOON



- Set out 2 cones 10 metres apart. The first cone will be the same as the end of your zig zag
- Pick up the egg and spoon and run to the next cone. No holding the egg on the spoon!!!
- If you drop the egg pick it up and place on spoon and continue
- When you get to the last cone put the egg and spoon down ready to start on the next activity.
- Remember **DO NOT STOP THE TIMER!**

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles

EQUIPMENT NEEDED

- Egg (hardboiled or plastic) and spoon
- Cones
- Measuring tape

BUT WHAT ELSE CAN I USE?

- Marker
- 30cm ruler
- Spoon and ball

MAKE IT EASIER

- Use a bigger ball and spoon/ ladle

MORE OF A CHALLENGE

- Use a smaller ball
- Extend the arm out straight when running

MAKE IT INCLUSIVE

- In a wheel chair, wheel between the cones resting or holding a ball on your lap

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VIRTUAL SPORTS DAY

ACTIVITY: BUCKET RUN



- An empty bucket must be placed at the end of the egg and spoon . A second bucket is placed 5m away with 3 items inside the bucket
- You must run to the second bucket and collect one item and take it back to the empty bucket . Repeat until all 3 items have been moved. Then pick up the full bucket and run to cross the finish line
- Stop the timer as you cross the finish line

HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles

EQUIPMENT NEEDED

- Tennis balls
- Buckets
- Measuring tape

BUT WHAT ELSE CAN I USE?

- Socks rolled into a ball
- 30cm ruler
- Washing bin, bins

MAKE IT EASIER

- Move the buckets closer
- Use less items or larger items that are easier to carry

MORE OF A CHALLENGE

- Move the buckets further apart
- Use more items

MAKE IT INCLUSIVE

- In a wheel chair you could wheel between the buckets and carry the items on your lap

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SCHOOL GAMES



VIRTUAL SPORTS DAY RESULTS

SCHOOL NAME:

CHILDS FIRST NAME:

YEAR GROUP:

EVENT	RESULT TOTAL TIME
SPORTS DAY	

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