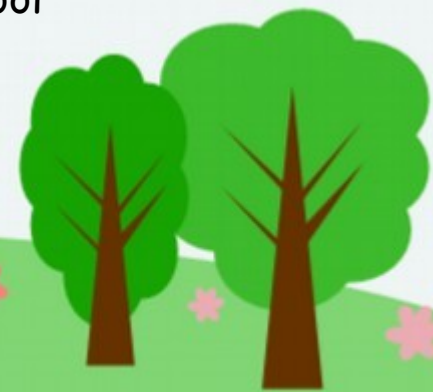




GCPS Sports Week

20.06.20-26.06.20

There are 10 sports day events for you to do at home. These don't have to be done all in one day. They can be done over the course of the week. You could check the weather to see the best day to try and get outside but if not, everything can be done indoors too. All the activities have been planned so that we can all do the same activities whether you are in school or at home.



Event rules

Each event takes 60 seconds and you will need to keep your own score.

You may practise as many times as you wish and submit your best score using the scoring system given.

You could even put some music on in the background to motivate you.

It is hoped we will all participate as a school, so wear your house colours with pride and take some photos to mark the occasion and upload them to Seesaw for your teachers to see.

We realise that this may not be possible for all households all in one go so you have until the end of Friday 26th June to submit your final scores. Any scores submitted after this sadly won't be counted towards the final results.



Scoring

- Gold = 5pts
 - Silver = 3pts
 - Bronze = 2pts
 - Taking part = 1pt
- A grid is provided below as a guide to keep track of your points, but you can also just note them down on paper.
- Please submit your scores via the link at the end of this document by the end of Friday 26th June so we can add up all the scores and announce the winning house on Friday 3rd July in the newsletter.



Before you start...

- Look through the event cards and gather together any "equipment" you will need, including a stopwatch/timer and pencil to score
- Listen to Mrs Armer's welcome introduction and see the messages of support from school staff that have been uploaded to Seesaw.
- Good luck! Get active! Have fun!



60 Second Challenge

Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist.



Achieve Silver

40 Times around your waist.



Achieve Bronze

30 Times around your waist.



60 Second Challenge

Burpees

Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees



60 Second Challenge

Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



#StayHomeStayActive

Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



60 Second Challenge

Climb the Mountain

Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers



60 Second Challenge

Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



#StayHomeStayActive

Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks



60 Second Challenge

Super Slalom Run

Can you try and run as fast as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs



60 Second Challenge

Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!



#StayHomeStayActive

Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups



60 Second Challenge

Speed Bounce

Are you honest?

Only count the jumps that are completed properly.

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.



#StayHomeStayActive

Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold

80 Bounces



Achieve Silver

60 Bounces



Achieve Bronze

40 Bounces



60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



60 Second Challenge

The Plank

Can you focus and show self belief even though it is hard?

The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



Scoring grid

Event name	Gold	Silver	Bronze	Taking part
Around the world				
Burpees				
Fast feet				
Climb the mountain				
Socks in the box				
Super slalom run				
Top up tennis				
Speed bounce				
Catch and clap				
The plank				

Total:

Scoring link



- Congratulations and well done! Please click here <https://forms.gle/NhbJo9EbLJ6ajsnA7> to submit your scores.

