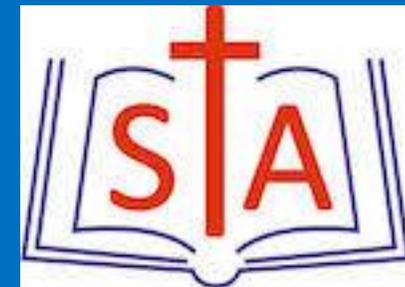




St Antony's PE Department



VIRTUAL SPORTS DAY!



Saturday 20th – Friday 26th June 2020

Welcome to the Virtual Sports Day!

- **National school sport week is the week beginning Monday 22nd June 2020 so to coincide with this we have decided to run the very first St Antony's Virtual Sports Day!**
- **The aim is for every staff member, pupil and parent to complete the 10 challenges.**
- **Your score, along with the other members of your form, will make up your forms total score.**
- **Encourage other members of your form to complete the challenges and submit their scores ahead of the deadline to give you the best possible chance of winning.**
- **There will be bonus points awarded if your parent/parents complete the challenges and your form will receive double points if your form tutor completes the 10 challenges.**
- **The total points achieved by each form will be added to the points achieved by the corresponding forms in the other year groups, for example 7A, 8A, 9A and 10A to determine which 'house' is the overall winner.**
- **There are 10 challenges for you to take part in. Each slide will show a different challenge that will require little or no equipment. All are really easy so everyone can take part!**

RULES

- **You don't have to complete all of the challenges, however just remember 'more challenges = more points'.**
- **Once you have completed the challenge, please send the name of the event, your score/time and your full name and form to your PE teacher.**
- **The PE department will be keeping track of the scores. We will keep you updated with the progress of the challenge via schools Facebook and SMHW.**
- **You have the whole week to complete 10 challenges and upload your scores. The deadline for submission is Friday 26th June 11:30am.**
- **Complete all of the challenges first and then upload your scores at the end.**
- **For each challenge you need to submit a piece of evidence so that we know you have taken part fairly. This could be a photo of your time/distance or a short video so make sure you have an electronic device handy!**
- **Prizes will be awarded for best effort, best picture, best video.**
- **Results will then be shared on the St Antony's Facebook page on Friday 26th June at 3pm.**

Scoring

EXAMPLE

Event	Score
Standing long jump	
Standing sock putt	
1 minute 'keepy uppy's	
Stork stand balance	
1 minute situps	
Speed bounce	
4m ball throw	
Plank challenge	
Tennis ball bounce	
1 minute burpee challenge	

**GOOD LUCK AND MAY THE BEST FORM
WIN!!**

Before you take part!

It is really important you do the following before you take part:

- A warm up – You have all been taught the importance of warming up in PE.
Make sure it includes a pulse raiser and stretches to warm your joints and muscles!
- Check the environment around you
Do you have enough space? Do you need to clear some things away to make the space safer? Are there any wires/objects you could trip over?
- Make sure you are wearing sensible footwear - We advise you wear trainers to protect your feet and give you the most grip!



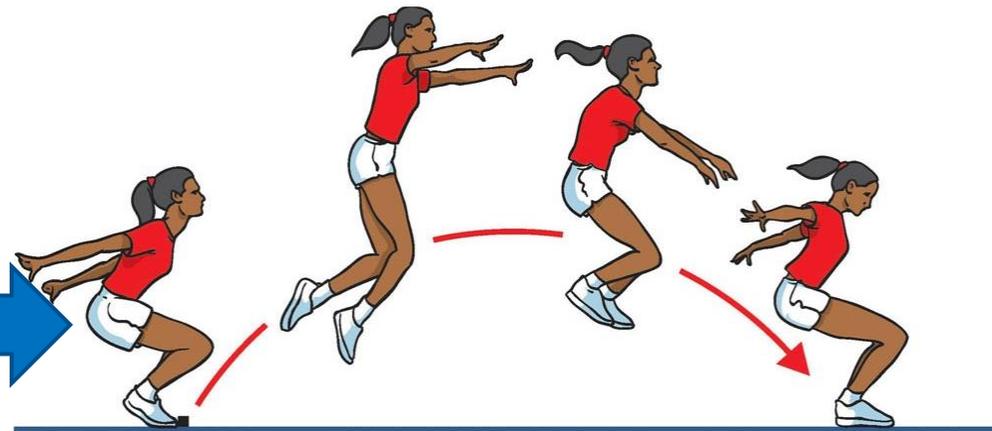
Challenge 1 – Standing Long Jump

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. You have three attempts to see how far you can perform a **STANDING** long jump then upload your best score.



TECHNIQUE

1. Stand with both feet shoulder width apart, parallel to the start line.
2. Squat deeply and swing your arms backwards.
3. Jump from 2 feet and land on 2 feet.
4. Measure from behind your heel.



Remember to email your teacher your results.
Mr Brownbill l.brownbill@st-antonys.com
Mrs Doherty e.Doherty@st-antonys.com
Mr Derbyshire t.j.derbshire@st-antonys.com
Mr Speake k.speake@st-antonys.com

Challenge 2 – Standing Sock Putt

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. Make your shot put out of socks.
4. You have three attempts to see how far you can throw your sock putt.

Record your best score.

TECHNIQUE

1. Stand sideways on
2. Chin, knee and toe all in line
3. Pushing action not a throwing action
4. Transfer body weight from back to front
5. Measure from where the shot put **FIRST** lands.



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Challenge 3 – 1 minute Keepy Uppys

1. For this challenge you are going to need a ball – you could use a football, balloon, ball made out of socks or a toilet roll.
2. Using a stopwatch/phone, time how many keepy uppys you can do in 1 minute.
3. If you drop the ball, pick it up and carry on from where you left off until the time runs out.



TECHNIQUE

1. Kick the ball using your laces
2. Keep your eye on the ball
3. Maintain an upright posture



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Challenge 4 – Stork Stand Balance

1. Create the Stork Stand balance position shown below
2. Time how long you can maintain this position until you become imbalanced and fall over
3. Whatever time you get to, will be your score.

TECHNIQUE

1. Stand with hands on hips
2. Place the sole of one foot against the side of the kneecap on the other leg
3. Look straight ahead and focus on one point



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Challenge 5 – 1 minute Sit Ups

1. For this challenge you need an empty floor space. You may want to cushion your back with a resistance mat or towel
2. You have 1 minute to see how many sit ups you can do.
3. PLEASE NOTE: This is a sit up challenge and NOT a crunch challenge so you need to come all the way up to your knees!

TECHNIQUE

1. Lie on the floor with your knees bent and feet firmly on the ground.
2. Cross your arms or put your hands to the side of your head
3. Keep your core tight and come up all the way to your knees



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Challenge 6 – Speed Bounce

1. Create a speed bounce – this needs to be something you can jump over.
2. You could use a rolled up towel, a pillow or line of toilet rolls.
3. Time how many times you can jump over your object in 1 minute.
4. Each jump over the object counts as 1.

TECHNIQUE

1. It is a two footed jump – 2 feet to 2 feet
2. Bring feet as high as possible
3. Look at your feet for guidance
4. Must jump over the object and try not to touch it



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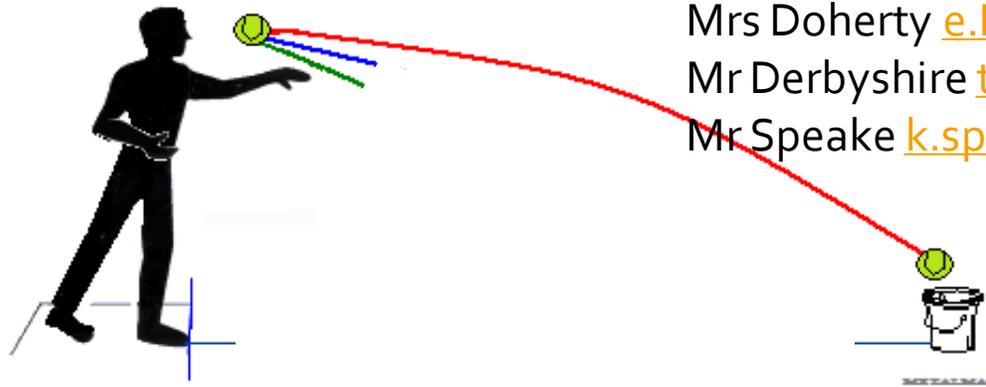
Challenge 7 – 4m Ball Throw

1. For this challenge you need a tape measure to measure out 4m.
2. Create a start line at one end, measure out 4m then place a bucket, washing basket or washing up bowl at the end.
3. Your challenge is to stand at the start line and see how many times out of 10 you can throw a ball and land it in your bucket. Your ball could be a tennis ball, soft ball or a ball made out of socks. Your score will be recorded out of 10.



TECHNIQUE

1. Have your eye on the target
2. Could use your non throwing arm to aim at the target
3. Opposite leg forward to the throwing arm



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Challenge 8 – Plank Challenge

1. For this challenge you need an empty floor space. You may want to cushion your elbows with a resistance mat, towel or item of clothing.
2. Adopt the plank position shown below.
3. Using a stop watch/phone time how long you can hold this position for. Whatever time you can get to before stopping will be your score.

TECHNIQUE

1. Elbows and hands touching the floor
2. Body needs to stay in a straight line. Hips must not be too low, bum must not be too high
3. Tight core



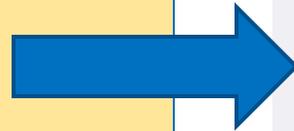
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Challenge 9 – Tennis Ball Bounce

1. For this challenge you need a tennis racket and a tennis ball. If you don't have either of these a frying pan and a ball made out of socks will work just as well!
2. Your challenge is to see how many times you can bounce the ball on the racket in 60 seconds.
3. Every time it hits the racket it counts as one. If the ball hits the floor, pick it up and continue until the time runs out.



TECHNIQUE



1. Keep your eyes on the ball
2. Keep the ball in the middle of the racket.
3. Don't bounce the ball too high or too low



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Challenge 10 – Burpees

1. For this challenge you need an empty floor space and a positive mind set as this challenge is a killer!
2. Your challenge is to see how many burpees you can do in 1 minute.
3. You must do a complete burpee (shown below) for it to count as 1. No cheating!

TECHNIQUE

1. Start standing up
2. Jump down to the floor in a tuck position
3. Kick your legs out into a press up position
4. Bring your legs back into a tuck position
5. Jump up and start again



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