



Park View Academy

Virtual Sports Day 2020

This is where you record your scores for the Park View Academy Sports Week events. When you complete an activity, you record your score in the correct box. You need to complete at least 8 of the activities during the week! We would love to see pictures and videos of you completing the activities! Good luck and we hope you have fun!

What you will need?

Some markers, a timer, a plastic bottle, Socks, 2 chairs, a stick or pole, a toilet roll tube, some water balloons (or sponges) and a plastic cup.



Activity 1

ACTIVITY ...

BOTTLE FLIP

WHAT YOU WILL NEED...

- PLASTIC BOTTLE (ANY SIZE)
- WATER (ANY AMOUNT)
- TIMER

GOOD LUCK EVERYONE!

WHAT TO DO...

1. PUT ANY AMOUNT OF WATER INTO A PLASTIC BOTTLE
2. SET A TIMER TO 1 MINUTES AND RECORD HOW MANY TIMES YOU CAN FLIP THE BOTTLE AND MAKE IT LAND THE RIGHT WAY UP. YOU HAVE ONE MINUTE!!!
3. RECORD YOUR SCORE ON THE RECORDING SHEET!

RULES!

1. YOU CAN USE ANY AMOUNT OF WATER AND HAVE ANY SIZED BOTTLE
2. CAREFULLY COUNT THE FLIPS THAT LAND.
3. FLIP THE BOTTLE WITH ONE HAND ONLY.
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD YOUR SCORE ON THE RECORDING SHEET.

Virtual Sports Week

Activity 2

ACTIVITY ...

LEAKY CUP

WHAT YOU WILL NEED...

- PLASTIC CUP/ PLASTIC BOTTLE
- PENCIL/ SCISSORS
- 500ML OF WATER
- 2 MARKERS

GOOD LUCK EVERYONE!

WHAT TO DO...

1. FIRST PIERCE A HOLE IN THE BOTTOM OF A PLASTIC CUP OR BOTTLE TO CREATE A PENCIL SIZE HOLE (ASK FOR HELP FROM AN ADULT)
2. PLACE 1 MARKER DOWN AND FACE OUT 20 STEPS, PLACING A MARKER AT THE END. THIS WILL BE YOUR ACTIVITY ZONE.
3. CAREFULLY ADD 500ML OF WATER INTO THE CUP/ BOTTLE AND PLACE YOUR FINGER OVER THE HOLE.
4. RELEASE YOUR FINGER AND HOLD THE CUP/ BOTTLE ABOVE YOUR HEAD. BY WALKING ONLY, RECORD HOW MANY TIMES YOU REACH EACH MARKER. GO BACK AND FORTH UNTIL THE WATER RUNS OUT OVER YOUR HEAD!
5. RECORD YOUR SCORE ON THE RECORDING SHEET!

RULES!

1. WALKING ONLY!
2. WALKING FROM ONE MARKER TO THE NEXT COUNTS AS 1. THERE AND BACK WOULD BE 2.
3. YOU WILL GET WET WITH THIS ACTIVITY - EMBRACE IT!
4. HAVE FUN WITH IT!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD YOUR SCORE ON THE RECORDING SHEET!

Virtual Sports Week

Activity 3

ACTIVITY ...

RUN RUN RUN

WHAT YOU WILL NEED...

- 2 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. YOU SCORE A POINT FROM RUNNING FROM ONE MARKER TO THE OTHER. FOR EXAMPLE, THERE AND BACK WOULD BE 2 POINTS.

2. REMEMBER YOU GET 2 MINUTES.

3. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.

4. RECORD YOUR SCORE ON THE RECORDING SHEET!

WHAT TO DO...

1. PLACE A MARKER AT THE START AND ANOTHER MARKER 20 STEPS AWAY. THIS WILL BE YOUR ACTIVITY ZONE.

2. RUN BACK AND FORWARD BETWEEN THE MARKERS AS MANY TIMES AS YOU CAN.

3. CAREFULLY COUNT HOW MANY RUNS YOU CAN DO IN 2 MINUTES! THERE AND BACK COUNTS AS 2.

4. RECORD YOUR SCORE ON THE RECORDING SHEET!

Virtual Sports Week

Activity 4

ACTIVITY ...

SOCK DRIBBLE

WHAT YOU WILL NEED...

- 3 PAIRS OF SOCKS
- 3 OR 5 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. ENSURE THE MARKERS ARE 5 FEET APART.
2. ENSURE YOU DRIBBLE IN AND OUT OF EACH MARKER.
3. CAREFULLY COUNT HOW MANY FULL CIRCUITS YOU COMPLETE.
4. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. IN YOUR LIVING ROOM OR ON A FLAT SURFACE SOMEWHERE IN YOUR HOUSE, PLACE DOWN 5 MARKERS (MUGS, PAPER, TEDDIES ETC) FOR KS2 OR 3 MARKERS FOR KS1 AND RECEPTION THAT ARE 5 STEPS APART.
2. SCRUNCH UP 3 PAIRS OF SOCKS TO CREATE A BALL.
3. DRIBBLE THE BALL OF SOCKS IN AND OUT OF THE MARKERS AS MANY TIMES AS YOU CAN IN 2 MINUTES.
4. EACH TIME THERE AND BACK THROUGH THE MARKERS COUNTS AS 2 POINTS
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

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Activity 5

ACTIVITY ...

SPEED BOUNCE

WHAT YOU WILL NEED...

- A STICK
- A TIMER
- A SAFE SPACE!

GOOD LUCK EVERYONE!

RULES!

1. JUMP OVER THE POLE OR STICK WHILST IT'S ON THE GROUND.
2. COUNT HOW MANY YOU CAN DO IN 2 MINUTES.
3. SEND PICTURES OR VIDEOS TO YOUR CLASS TEACHER.
4. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. FIND AN OPEN SPACE OUTSIDE.
2. PLACE A THE STICK OR POLE ONTO THE GROUND
3. SET THE TIMER TO 2 MINUTES
4. JUMP FROM ONE SIDE OF THE STICK TO THE OTHER. EACH TIME YOU DO THAT YOU SCORE 1 POINT.
5. COUNT HOW MANY TIMES YOU JUMP OVER THE STICK OR POLE IN 2 MINUTES
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

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Activity 6

ACTIVITY ...

TOILET ROLL RUN

WHAT YOU WILL NEED...

- 2 MARKERS
- A TOILET ROLL TUBE
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. SET THE MARKERS UP 20 STEPS APART.

2. COUNT HOW MANY TIMES YOU RUN BACK AND FORTH WITH THE TOILET ROLL TUBE BALANCED ON YOUR HEAD.

3. REMEMBER YOU GET 2 MINUTES TO DO AS MANY AS YOU CAN

4. SEND PICTURES OR VIDEOS TO YOUR CLASS TEACHER.

5. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. FIND AN OPEN SPACE OUTSIDE
2. PLACE THE FIRST MARKER ONTO THE GROUND AND THEN PACE OUT 20 STEPS AND PLACE THE SECOND MARKER DOWN. THIS IS YOUR ACTIVITY AREA
3. SET THE TIMER TO 2 MINUTE
4. RUN OR WALK BETWEEN THE TWO MARKERS WITH THE TOILET ROLL TUBE BALANCED ON YOUR HEAD
5. IF IT FALLS OFF PUT IT BACK ON AGAIN!
6. THERE AND BACK COUNTS AS 2 POINTS. COUNT HOW MANY YOU CAN DO IN 2 MINUTES.
7. RECORD YOUR SCORE ON THE RECORDING PAGE!

Virtual Sports Week

Activity 7

ACTIVITY ...

BALANCING CONE TOUCH

WHAT YOU WILL NEED...

- 2 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. SET THE CONES UP AND STEP BACK 1 STEP.
2. COUNT HOW MANY YOU TOUCHES YOU CAN DO IN 1 MINUTE
3. REMEMBER YOU MUST GO TO ALTERNATE MARKERS EACH TIME
4. SEND PICTURES OR VIDEOS TO YOUR CLASS TEACHER.
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. FIND AN OPEN SPACE INSIDE OR OUTSIDE
2. PLACE THE 2 MARKERS ONTO THE GROUND AND TAKE 1 STEP BACK
3. SET THE TIMER TO 1 MINUTE
4. STANDING ON ONE LEG TOUCH EACH CONE ALTERNATIVELY
5. COUNT HOW MANY TIMES YOU TOUCH A CONE IN THE 1 MINUTE
6. RECORD YOUR SCORE ON THE RECORDING PAGE!

Virtual Sports Week

Activity 8

ACTIVITY ...

UNDER AND OVER

WHAT YOU WILL NEED...

- 2 CHAIRS
- A POLE OR STICK PLACED ACROSS THE CHAIRS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. YOU'LL NEED TO COMPLETE YOUR CIRCUIT AS MANY TIMES AS YOU CAN IN 2 MINUTES.
2. GOING UNDER AND OVER WILL SCORE YOU 2 POINT. HOW MANY CAN YOU DO?
3. YOUR HURDLES NEED TO A REASONABLE SIZE COMPARED TO YOUR BODY HEIGHT.
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD THE SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. PLACE CHAIRS OR ALTERNATIVES NEXT TO EACH OTHER AROUND YOUR HOUSE OR IN YOUR GARDEN.
2. PLACE A STICK, POLE OR AN ALTERNATIVE ONTO THE CHAIRS TO CREATE A HURDLE AND A BRIDGE
3. ORGANISE THIS SO YOU HAVE CREATED A CIRCUIT WHERE YOU CAN GO OVER AND UNDER QUICKLY
4. GOING UNDER AND OVER WILL SCORE YOU 1 POINT. HOW MANY TIMES CAN YOU GO UP AND OVER THROUGHOUT YOUR CIRCUIT IN 2 MINUTES?
5. RECORD THE SCORE ON THE RECORDING PAGE!

Virtual Sports Week

Activity 9

ACTIVITY ...

WALL SIT

WHAT YOU WILL NEED...

- A FLAT WALL
- A TIMER
- STRONG LEGS!!!!

GOOD LUCK EVERYONE!

RULES!

1. BACK FLAT AGAINST THE WALL.
2. FEET FLAT ON THE FLOOR.
3. LEGS SHOULD BE BENT AT 90 DEGREES.
4. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER .
5. RECORD YOUR SCORE ON THE RECORDING PAGE

WHAT TO DO...

1. FIND A FLAT WALL INSIDE OR OUTSIDE.
2. PLACE YOUR BACK FLAT AGAINST THE WALL.
3. BEND YOUR KNEES SO THEY ARE AT A RIGHT ANGLE (THIS IS IMPORTANT).
4. YOUR LEGS SHOULD BE STRAIGHT AND LOOK LIKE THE CORNER OF A SQUARE.
5. YOUR FEET SHOULD BE FLAT ON THE FLOOR.
6. HOLD THIS POSITION FOR AS LONG AS YOU CAN. USE A TIMER TO RECORD THIS.
7. YOU SCORE 1 POINT FOR EVERY SECOND YOU HOLD THAT POSITION FOR.
8. RECORD YOUR SCORE ON THE RECORDING PAGE!

Virtual Sports Week

Activity 10

ACTIVITY ...

WATER BALLOON CATCH

WHAT YOU WILL NEED...

- WATER BALLOONS OR A WET SPONGE OF ANY SIZE
- SOFT HANDS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

WHAT TO DO...

1. STAND OUTSIDE IN A GOOD SPACE
2. UNDER ARM THROWING THE WATER BALLOON UP AND CATCHING IT. SEE HOW MANY YOU CAN DO IT 2 MINUTES (YOU MAY NEED MORE THAN 1 WATER BALLOON IN CASE IT POPS!)
3. IF YOU DROP IT, PICK IT UP AND CARRY ON THROWING AND CARRY ON COUNTING FROM THE NUMBER YOU WERE ON.
4. YOU SCORE 1 POINT FOR EACH CATCH YOU DO.
5. RECORD YOUR SCORE ON THE RECORDING PAGE.

1. YOU CAN USE WATER BALLOONS OR ANY SIZED WET SPONGE YOU HAVE AT HOME.
2. CAREFULLY COUNT THE NUMBER OF CATCHES YOU MAKE
3. IF YOU DROP IT OR IT BURSTS YOU CAN CARRY ON FROM WHERE YOU WERE!
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD YOUR SCORE ON THE RECORDING PAGE!

Virtual Sports Week

Recording Sheet

Name: _____

Year: _____

| Activity | Completed | Score/Time/Amount |
|----------------------|-----------|---------------------|
| Bottle Flip | | Number of flips: |
| Leaky Cup | | Number of lengths: |
| Run Run Run | | Number of lengths: |
| Sock Dribble | | Number of circuits: |
| Speed Bounce | | Number of bounces: |
| Toilet Roll Run | | Number of lengths: |
| Balancing Cone Touch | | Number of touches: |
| Under and Over | | Number of times: |
| Wall Sit | | Seconds: |
| Water Balloon Catch | | Number of catches: |