



**THE DEAN TRUST**  
**Park View Academy**

Chief Executive: Mr Tarun Kapur CBE  
Headteacher: Mr Damian Kenny  
Head of School: Mrs Jackie Williams

### **Park View Academy Sports Day 2020**

Dear Parents and Carers,

During this term we were meant to be holding our Sports day. Unfortunately, we won't get a chance to do this altogether this year but...why not bring Sports Day into your home?

This year we are introducing a whole school personal best challenge. All of the challenges are suitable to be completed at home and can be accessed by all year groups.

On the week beginning 6<sup>th</sup> July, we will be challenging the children to complete at least 8 of the activities and to record their score. Once all the challenges have been completed, your child can find their total score - please support them with this if necessary. When they have completed their challenges, please send a picture of your scores/the score sheet back to your child's class teacher. ***We would also love to see any videos or photos of your child taking part.***

We will be issuing some virtual certificates for those who take part as well as medals and trophies for best times in EYFS, KS1 and KS2 which can be collected from school at an arranged time.

Scores should be returned by **Monday 13<sup>th</sup> July**. The children who are currently attending school will have the opportunity to complete these challenges during school hours if they wish to. Should your child particularly enjoy this, and wish to complete each challenge more than five times, then they are more than welcome to do so. However, please only submit their scores for five attempts for each activity.

If you have any questions, please do not hesitate to contact your child's class teacher via class dojo.

Wishing everyone the best of luck – remember, adults in the family can always have a go as well!

Kind regards,

Mr Latham

**Believe Achieve Succeed**

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**Park View Academy School – Personal Best Sports Day Challenge**

Sports day looks a little different this year! Instead of our usual activities, we are challenging you to complete ten personal best activities. For each activity, you need to complete it five times and then make a note of your score. When you have completed all of your activities, you need to add up your total score. You can ask an adult to help you if you need. Then, ask an adult at home send your times/take a picture of your score sheet to your class teacher. We will then look at all the scores to decide on winners. Please complete your challenges by **Monday 13<sup>th</sup> July**. Good luck!

Name: \_\_\_\_\_ Year group: \_\_\_\_\_

Challenge	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Throw and catch - clap in between if you like (You could throw a ball or a sock) How many can you complete in 30 seconds?					
Star jumps – How many can you complete in 30 seconds?					
Jumping Lunges- How many jumping lunges can you perform in 30 seconds?					
Plank- How many seconds can you hold the plank for?					
Standing up and sitting down on a chair - How many can you complete in 30 seconds?					
Steps up and down (you could use your stairs or a step outside of your house) How many can you complete in 30 seconds?					
Squats- How many squats can you perform in 30 seconds?					
Standing long jump (How many lengths of your shoe can you jump?)					
Sit ups- How many sit ups can you perform in 30 seconds?					

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Speed bounce- Jump with two feet together, use a rolled-up towel, a cone or just a line and see how many bounces across you can get in 30 seconds!					
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Total Score =

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