

GMS and WFS -Virtual Sports Day 2020

Dear Parents / Carers

Next Monday (June 29th) we are planning to start our virtual sports day. This will run all week with two events being held each day. The events are for all children and you too (parents/carers) are more than welcome to have a go. Children who are in school in a bubble or at skeleschool will need to come to school in clean sportswear, wearing trainers every day.

The events will be released on the day of the competition on each school's website; an instructional video made by our year 6 pupils will accompany each event – so please check to see which events are being held when.

The order of events, the instructions and the scoring system for every event are as follows:

Monday 29th June 2020 - Events 1 and 2

1. Lateral jumps over a cereal box (30 seconds)

Scoring:

GMS

- 1 – 10 jumps 1 point
- 11 – 20 jumps 2 points
- 21 – 30 jumps 3 points
- 31 – 40 jumps 4 points
- 40 + 5 points

WFS – 1 jump = 1 point so if you do 7 jumps you get 7 points

2. Over – under challenge (broom and two chairs) step hurdle over, crawl under – repeat AMRAP (As Many Reps As Possible) in 45 seconds.

GMS

1 – 5 repetitions	1 point
6 – 10 repetitions	2 points
11 – 15 repetitions	3 points
16 – 20 repetitions	4 points
20 + repetitions	5 points

WFS – 1 rep = 1 point

Tuesday 30th June 2020 - Events 3 and 4

3. Get dressed for success – shuttle race. (Markers to be placed 2 large steps apart)
- Start at first marker.
 - Run to second marker, put on socks, run back and touch starting marker.
 - Run to third marker, put on underwear (over trousers/shorts), run back to start
 - Run to fourth marker, put on t-shirt (over jumper), run back to start.
 - Run to final marker, put on a tie.
 - Sprint like Usain Bolt to the finish line.

WFS to just run it as a race, do not keep going back to starting marker

For Time GMS and WFS

Less than 30 seconds – 5 points

30 – 45 seconds - 4 points

46 – 60 seconds - 3 points

61 – 75 seconds - 2 points

75 + seconds - 1 point

4. Tennis but not as we know it – keepie-uppies with a tennis ball and racket ... hang on lets try a frying pan and a pair of socks.
AMRAP – 30 seconds

GMS

1 – 8 reps - 1 point
9 – 16 reps - 2 points
17 – 24 reps - 3 points
25 – 32 reps - 4 points
33+ reps - 5 points

WFS 1 keepie-uppie = 1 point so if you do 12 you get 12 points

Wednesday 1st July 2020 - Events 5 and 6

5. Catches against a wall – tennis ball thrown against the wall (GMS - must catch with 1 hand, WFS – catch with two hands) Timed for 20 catches.

GMS

0 – 20 seconds - 5 points
21 -30 seconds - 4 points
31 – 40 seconds - 3 points
41 – 50 seconds - 2 points
50 + seconds 1 point

WFS 1 catch = 1 point

If you've no tennis ball – throw a pair of balled up socks up in the air (at least double your height)

6. Egg and spoon obstacle course (3 markers a spoon and an egg) your body height distance between each cone. Must complete 4 figures of 8 (timed event)

GMS/WFS Scoring

- 0 – 15 seconds - 5 points
- 16 – 20 seconds - 4 points
- 21 – 25 seconds - 3 points
- 26 – 30 seconds - 2 points
- 31 + seconds - 1 point

Thursday 2nd July 2020 - Events 7 and 8

7. The bean bag target race (alternatively known as the sock and bucket). Place a bucket on the floor and move three body lengths away from it – 10 pairs of socks – try to throw the socks into the bowl – 1 point per sock.

8. The Covid-Calorie-Blaster: (WFS reps in brackets)

- 20 body squats (10)
- 5 burpees (3)
- 16 sit-ups (8)
- 5 burpees (3)
- 12 lunges (6)
- 5 burpees (3)
- 8 press-ups (4)
- 5 burpees (3)
- 12 lunges (6)
- 5 burpees (3)
- 16 sit-ups (8)
- 5 burpees (3)
- 20 body squats (10)

For time

- Less than 7 minutes - 5 points
- 7 – 9 minutes - 4 points
- 9.00.01 – 11 minutes - 3 points
- 11.00.01 – 13 minutes - 2 points
- 13.00.01+ minutes - 1 point.

Once complete fill in this table as they complete each event. Add up their points total and then copy and paste their completed table to their seesaw account so teachers can add up scores.

(Events and scores must be returned to staff via email/seesaw by Wednesday the 8th July to allow the adding up of scores).

GLENDAL MIDDLE SCHOOL SCORING

Name	
House	G T W
Event 1 Score	
Event 2 Score	
Event 3 Score	
Event 4 Score	
Event 5 Score	
Event 6 Score	
Event 7 Score	
Event 8 Score	
Total Points	

WOOLER FIRST SCHOOL SCORING

Name	
Class	
Event 1 Score	
Event 2 Score	
Event 3 Score	
Event 4 Score	
Event 5 Score	
Event 6 Score	
Event 7 Score	
Event 8 Score	
Total Points	

