



Wheatfields Virtual Sports Day



Are you ready to participate in Wheatfields first ever Virtual Sports Day?

When: Monday 6th July any time before 5pm!

Where: Safely at home, garden or a wide open space

This year there are 5 challenges and a bonus round.

Round 1: How many sits can you do in a minute?

Round 2: How long can you hold a plank?

Round 3: How long can you stand on 1 leg blind folded?

Round 4: How many claps can you do when you throw a ball in the air and catch it?

Round 5: How long does it take you to peg 5 items of clothing to the washing line?

These can be completed in any order!

More information is on the next pages...

How does the virtual sports day work?

For each completed activity you will receive 5 house points.

If you can, send an email with photo evidence! Tell us how long or how many you did! Don't forget to add your name and the house you are in to the emails!

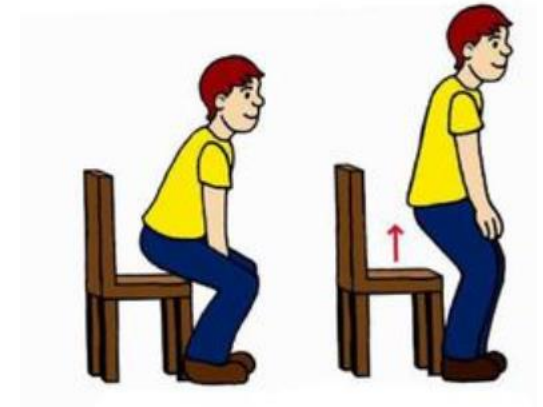
Teachers will collate and tally up scores
Results will be announced via email on 17th July

Bonus round: Colour in the Sports Day trophy!
You will have until the end of Tuesday 7th July to design your sports day trophy.

Scan it and send it to your class teacher.
Entries will be judged by Mrs Vickers and Mrs Thornton.
Be proud and use your house colours!
You will receive 5 house points if you complete the colouring.
The best trophies from each key stage will feature on the website!

Round 1: How many 'sits' can you do?

- Equipment: A chair and a stopwatch/timer/clock
- You start by standing up, when you shout go you must sit down until your legs are bent and then stand until your legs are straight! That counts as 1 repetition.
- You have 1 minute to see how many you can do!



Round 2: How long can you hold a plank?

- Equipment: A stopwatch/timer/clock
- The idea of the plank is to hold your body still and straight for as long as you can. Keep your bottom down and your tummy tight. Rest on your hands and keep your arms straight OR rest on your elbows to make it more of a challenge!



Round 3: How long can you stand on 1 leg blind folded?

- Equipment: blindfold, a stopwatch/timer/clock
- Be careful doing this one! Make sure you have lots of space (in case you fall over!)
- If you do not have a blindfold, close your eyes, don't cover them with your hands because you need those to help you balance!
- Find a space, choose a leg, as soon as the other foot leaves the ground, start counting!



Round 4: How many claps can you do after throwing a ball in the air and catching it again?

- Equipment: a ball or rolled up socks
- With the ball (or socks) under control, throw it as high as you can in the air and clap as many times as you can, don't forget to catch the ball again or the claps won't count!
- Try this 5 times and tell us the most of amounts of claps you managed to do! Do not add them together.



Round 5: How long does it take you to peg 5 items of clothing to the washing line?

- Equipment: 5 items of clothing you wear to school (t-shirt, jumper, trousers, socks and pants!), 10 pegs, stopwatch/timer/clock
- Time how long it takes your peg 5 items of clothing to the clothes line. Each item must have 2 pegs (1 peg for each sock)
- If your adult chooses to, they may want to add more items to the washing line! Unfortunately these won't be counted...
- Good luck and have fun 😊

Bonus round:

Colour the trophy in your house colours! Design a trophy your house would be proud to display in the school. Remember, the best designs from EYFS, KS1, LKS2 and UKS2 will be published on the school website 😊

