



Third Class
Sports Day
2020 style!

Getting Started



This year we will not be able to get together for our traditional sports day, so we are going to try a virtual sports day.



Some things will remain the same.



There will be five teams-red, yellow, green, blue, white



You must do some warm up activities before you start.



The team with the highest scores wins the class competition.



Please wear runners for all activities.

Some things
will be
different

Instead of races there will be five sporting tasks to complete.







You must time the activity-60 seconds for each task. .

You must count the number of times you complete the task in the 60 seconds.

Then there is a scoring index. You may need a parent to help you with this part.

Scores must be sent by email to your teacher by 18th June.

Scoring Index

- Less than 10 repetitions  5 points for your team.
 - 10-20  6 points for your team.
 - 20-30  7 points for your team
 - 30-40  8 points for your team
 - 40-50  9 points for your team
 - Greater than 50  10 points for your team
-
- Listen to Ms. O' Carroll explain the scoring index on the next slide.

Miss O'
Carroll's
explanation

<https://www.youtube.com/watch?v=jw8E7UISWSA&feature=youtu.be>

Let's Get started-Warm Up Activities

Run a few laps of the garden

10 arm circles forward

10 arm circles backwards

Running on the spot for 20 seconds

Jumping on the spot for 20 seconds

Stretches

Activity 1: Jump in a Square

You will need;

- A timer
- Chalk or sticks to map out a cross section on the ground.
- Now watch the demonstration

https://www.youtube.com/watch?v=4uIS_19StVM&feature=youtu.be

Ctrl and click to follow the link

Activity 2: The Kerb

You will need:

- A timer
- A kerb
- Watch the demonstration
- https://www.youtube.com/watch?v=3ANOG_-Zqbc&feature=youtu.be
- Ctrl and click to follow the link.

Activity 3: Keepie- Uppies

You will need:

- Timer
- A racket
- A ball or a pair of socks.

Watch the demonstration

- <https://www.youtube.com/watch?v=bnFO2BikRI&feature=youtu.be>

Ctrl and click to follow the link

Activity 4: Throwing into a Target

You will need:

- Timer
- Rolled up sock or small ball
- Chalk or a rope or some sticks.

Watch the demonstration

<https://www.youtube.com/watch?v=CZC3ZxW1Ea4&feature=youtu.be>

Ctrl and click to follow the link

Activity 5: Side Steps

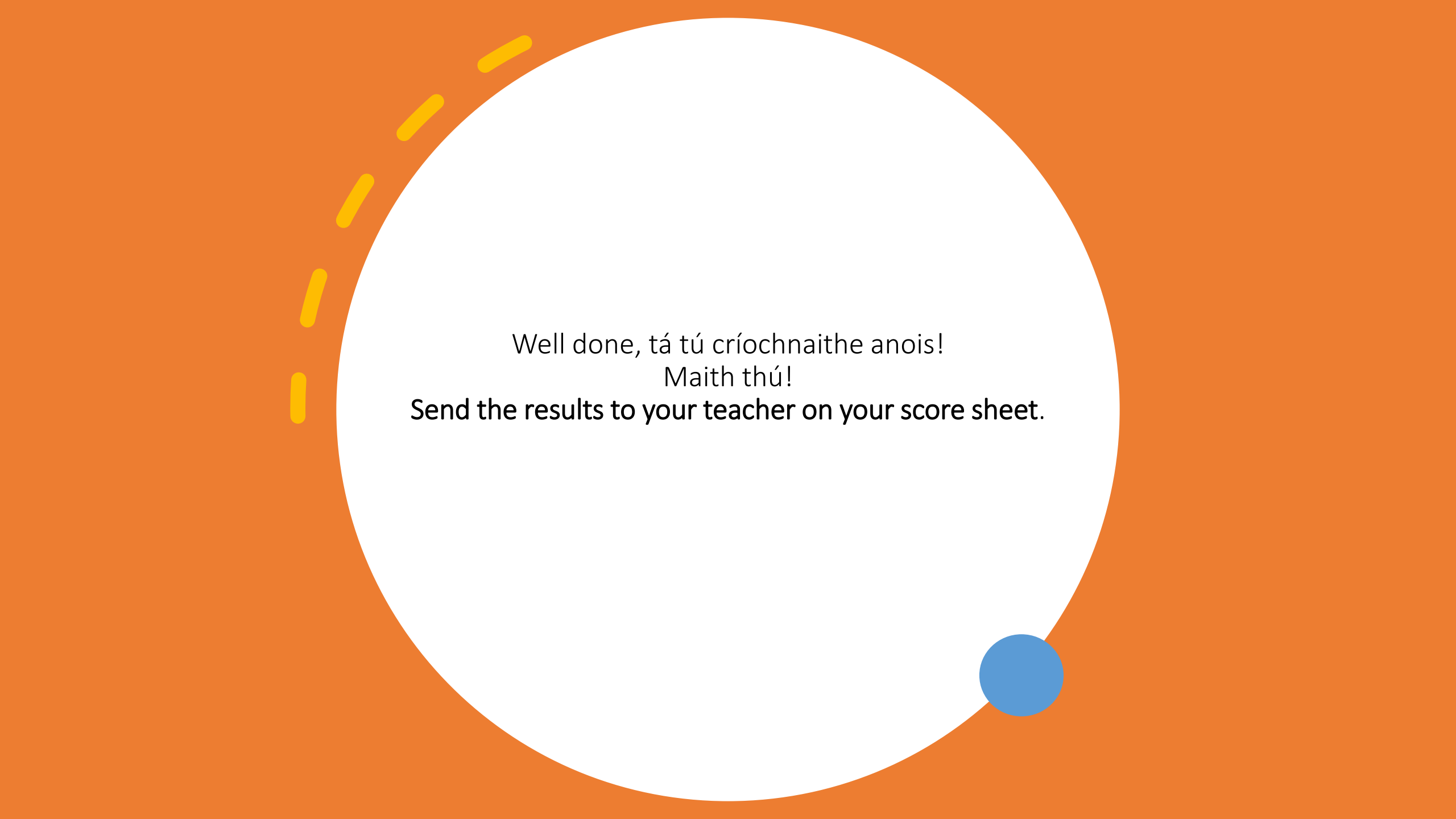
You will need:

- Timer
- Chalk
- Rolled up socks or small bean bags

Watch the demonstration

<https://www.youtube.com/watch?v=VcmYyfAxxUw&feature=youtu.be>

Ctrl and click to follow this link



Well done, tá tú críochnaithe anois!
Maith thú!
Send the results to your teacher on your score sheet.