

# Active Bubbles

Virtual Sports Day

**SUPER**  **SCHOOLS**

# Introduction



Rammie has been filmed taking part in Sport Day! Watch Rammie take part in the activities and see if you can beat his score!

Click here: <https://youtu.be/M9aiK49lP9w>

This resource features activity cards to support the delivery of a Virtual Sports Day, at home or school. The activities feature:

- Social distancing
- Bubbles/small groups
- Non contact activities
- Taking place outdoors
- Minimal equipment (to be allocated individually to pupils)

## Health & Safety

The Association for Physical Education have produced guidance and a self review toolkit to support the Physical Education, School Sport and Physical Activity education workforce during this period. Key considerations and principles include:

- Clean frequently touched surfaces
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

The full guidance can be accessed via: <https://www.afpe.org.uk/coronavirus-guidance-support/>

You will also need to review your risk assessment procedures to ensure both pupils and the workforce are protected and safe.

# Running Race



**Equipment Needed:** Markers, Stopwatch

## Rules

The aim is to run as far as possible in one minute. This is done by running in between the two markers, every time you get back to the starting point you score one point. See how many points you can score in one minute.



5 Metres



**Primary: 10pts**  
**Secondary: 13pts**



**Primary: 12pts**  
**Secondary: 15pts**



**Primary: 15pts**  
**Secondary: 18pts**

## Teaching Points

Lean forward, big strides, swing arms with arms bent at elbow from hips to lips. Run straight.  
When turning, stay low and drive out of corner.

# Standing Long Jump



**Equipment Needed:** Cones, Tape Measure

## Rules

Start standing on two feet behind a line. Jump as far as you can, and mark where you land. Measure the distance from the back of your heel to the jumping line. Have three attempts, and record your best score.



**Primary:** 1m  
**Secondary:** 1.5m



**Primary:** 1.25m  
**Secondary:** 1.75m



**Primary:** 1.5m  
**Secondary:** 2m

## Teaching Points

Start feet shoulder width apart, bend knees slightly and swing arms back. Swing arms forward at take-off. Land on two feet and bend knees.

# Standing Triple Jump



**Equipment Needed:** Cones, Tape Measure

## Rules

Standing behind a line/cone. Perform a triple jump by hopping, skipping and jumping as far as you can. Mark where the back of your heel lands and measure the distance. Have three attempts and record your best score.



**Primary:** 3.5m  
**Secondary:** 5m+



**Primary:** 4m  
**Secondary:** 5.5m+



**Primary:** 5m  
**Secondary:** 6m+

## Teaching Points

For right footed students. Start by hopping from your right foot, and landing on your right foot again, then skip on to your left foot, jumping and landing with two feet. Knees bent on landing.

# Vertical Wall Jump



**Equipment Needed:** Chalk, Wall to draw on

## Rules

Stand with your back to the wall and raise your arms straight above your head and mark where your fingers tips are. Then jump with the chalk in your hand and make another mark on the wall. Then measure the distance between the two points and this will be your score. You have three attempts.



**Primary: 25cm**  
**Secondary: 35cm**



**Primary: 30cm**  
**Secondary: 40cm**



**Primary: 35cm**  
**Secondary: 45cm**

# Speed Bounce



**Equipment Needed:** Something to jump over e.g. skipping rope or shoelaces, you could also mark a line with chalk, stopwatch

## Rules

You have 30 seconds to jump over the line keeping your feet together going from side to side.  
Record the number of jumps you can do in one minute.



Primary: 30  
Secondary: 40



Primary: 40  
Secondary: 45



Primary: 55  
Secondary: 55

# Seated Chest Push



**Equipment Needed:** A large ball e.g. football, tape measure

## Rules

You must sit on a chair/floor and using a chest push technique, you must throw the ball as far as you can. You mark the throw from where it first bounces. You have three attempts.



## Teaching Points

The fingers are spread behind the ball which is held at the chest, and the ball is then pushed away from the body quickly by fast extension of the arms.



# Distance Throw



**Equipment Needed:** A tennis ball, tape measure

## Rules

Using an overarm throw technique, throw the tennis ball as far as you can, marking the distance where the ball first bounces. Have three attempts and record your best score.



**Primary:** 5m  
**Secondary:** 10m



**Primary:** 10m  
**Secondary:** 20m



**Primary:** 15m  
**Secondary:** 30m

## Teaching Points

Stand side on, non-throwing foot forward, bring throwing arm behind your ear, point at the target with non-throwing hand. Throw and release ball at 45 degree angle.

# Egg and Spoon Race



**Equipment Needed:** Egg, spoon or any flat surface e.g. bat or book, cones, stopwatch.

## Rules

You must balance the egg on the spoon and go around the end marker then back to the start as quickly as possible. The markers should be five metres apart. Make sure you do not hold the egg on the spoon and every time you get back to the starter marker you score a point. See how many points you can score in one minute.



# Score Card



Name:

Year Group:

**Event**

**Score**

**Running Race**



**Standing Long Jump**



**Standing Triple Jump**



**Vertical Wall Jump**



**Speed Bounce**



**Seated Chest Push**



**Distance Throw**



**Egg and Spoon**



# BUNTING TEMPLATE

# DERBYSHIRE SCHOOL GAMES

#stayinworkout

#stayhomestayactive

## Virtual Competition

Don't forget to submit your entry to the competition at [www.activederbyshire.org.uk/forms/view/sgvc](http://www.activederbyshire.org.uk/forms/view/sgvc) before 9:00am on Friday 3<sup>rd</sup> July 2020 .... Earn points for your school and download your certificate

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IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

# MEDAL TEMPLATES

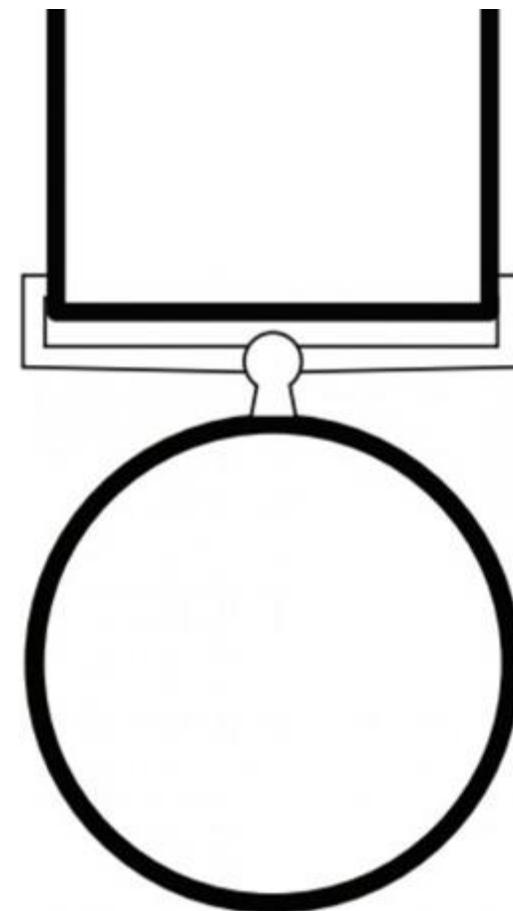


#stayinworkout

#stayhomestayactive

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