



St Mary's



Virtual Sports Week
22nd-26th June 2020

SPRINT

You Will Need

A 'Tester' to shout "On Your Marks, Get Set and Go" and record time

A stopwatch

2 cones or garden objects



How To Set Up and Record Your Result

Place your 2 cones or garden objects 10 metres apart on a flat, non-slip surface (or 20m if you have sufficient space). When the Tester shouts "On Your Marks", stand with your feet about shoulder-width apart, with your dominant foot slightly in front, just behind the first cone. Distribute most of your weight on the front foot. On "Set," bend slightly at the hips and knees, keeping your head and chest up. From here, place your arms in the ready position with one arm high behind your back (this should be the same arm as your dominant foot) and one arm low in front of your body. You may also start in the *four-point* start position with both hands on the ground (see image below).



Finally, when the Tester shouts, "Go" explode towards the second cone straight ahead, touching it before returning to your starting point.

Primary 1-4 (Foundation & Key Stage 1) students will cover 40m and the Tester will record how long it takes using the stopwatch.

The Tester will then inform you of your time in seconds to 2 decimal places, for example 23.13s.

Remember to take a photo or video of you completing the activity and share with St Mary's at sportsweek@stmarysdorchester.dorset.sch.uk





LONG JUMP (Standing Broad Jump)

You Will Need

A Start Line- this can be any household object like a piece of rope or a plank of wood.

A Measuring Tape

A Tester with a marker- this can be any small, movable object like a stone or a pair of socks

How To Set Up and Record Your Result

At the start line, stand with your feet about shoulder-width apart, facing forwards with your toes just behind the line. When you're ready, dip slightly at the knees and jump as far as you can (just like below), raising your arms up above your head to propel yourself forward as far as possible.



Try to stick your landing (stumbling forwards is not permitted) and the Tester will place the marker behind whichever heel is closest to the Start Line.

Complete 3 attempts and move the marker only if you manage to beat your previous effort.

The Tester will then measure the distance from the start line to the Marker to the nearest centimetre, for example 137cm and let you know your result.

Remember to take a photo or video of you completing the activity and share with St Mary's at sportsweek@stmarysdorchester.dorset.sch.uk



St. Mary's Catholic First School

High Jump

You Will Need

A high wall or fence

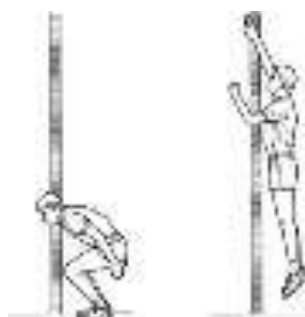
A measuring tape

A 'Tester' with a pencil/chalk or similar to mark the height of your jump

How To Set Up and Record Your Result

Begin standing sideways to the wall or fence you will be using, with your dominant arm a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side. With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.

You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you, explode off the ground touching the wall with your dominant hand at the highest point possible.



The Tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark whilst **stationary** and jumping mark at the top of the jump).

Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort.

The Tester will then measure the distance between the two marks in centimetres and let you know your best result.

Remember to take a photo or video of you completing the activity and share with St Mary's at sportsweek@stmarysdorchester.dorset.sch.uk

EGG AND SPOON RACE

You Will Need

- An egg (boiled to avoid any mess! or a small ball)
- A tablespoon
- A 'Tester' to shout "Ready, Steady and Go" and record time
- A stopwatch
- 2 cones or garden objects

How To Set Up and Record Your Result

As per the sprint set-up, place your 2 cones or garden objects 10 metres apart on a flat, non-slip surface (or 20m if you have sufficient space).



Remember to take a photo or video of you completing the activity and share with St Mary's at sportsweek@stmarysdorchester.dorset.sch.uk



Skills Test

You Will Need

This one comes down to individuality! Your skill or skills will depend on what you feel you're best at. It may be a trick shot at football, basketball, netball etc. or any form of trick or skill involving a ball. Alternatively, you could demonstrate a gymnastics routine or perform a dance routine you have copied or choreographed yourself!



How To Set Up and Record Your Result

Once you have practised it, record yourself doing the skill and share it with St Mary's at sportsweek@stmarysdorchester.dorset.sch.uk



St. Mary's Catholic First School

MARATHON CHALLENGE

You Will Need

A 'Tester' to shout "Ready, Steady and Go" and record time and distance

A stopwatch/timer

2 cones or garden objects



How To Set Up and Record Your Result

Place your 2 cones or garden objects 10 metres apart on a flat, non-slip surface (or 20m if you have sufficient space).

Begin at your starting cone in a standing start position (similar to your sprint start position but standing slightly more upright).

When the Tester shouts, "**Ready, Steady, Go**", begin running at a steady, comfortable pace to the second cone, before turning sharply and returning to your original cone.

You will repeat this for your allotted time, with the Tester counting the number of lengths you can complete.

Primary 1-4 (Foundation & Key Stage 1) students will run for a total of 3 minutes and the Tester will record how many lengths have been completed in this time.

You will then work out your total distance, for example, if your cones are spaced 10m apart and you manage to complete 50 lengths, your total distance will be 500m or if your cones are spaced 20m apart and you manage to complete 30 lengths, your total distance will be 600m.

Remember to take a photo or video of you completing the activity and share with St Mary's at sportsweek@stmarysdorchester.dorset.sch.uk