



WHITewater CE PRIMARY SCHOOL

SPORTS WEEK

WHEN?

- WEEK BEGINNING MONDAY 6TH JULY
- THERE WILL BE ONE MAIN ACTIVITY A DAY AND TWO OPTIONAL EXTRA ACTIVITIES
- THE ACTIVITIES FOR EACH DAY WILL BE POSTED ON THE HOMEPAGE OF THE SCHOOL WEBSITE UNDER NEWS

WE KNOW THAT OUR CHILDREN LOVE OUR SPORTS DAY AND YOU ENJOY COMING TO WATCH SO THIS YEAR WE COULD NOT LET ANYTHING GET IN OUR WAY.

THE ACTIVITIES SHOULD BE FUN AND YOU SHOULD TRY TO ENGAGE THE WHOLE FAMILY TO PROMOTE COURAGE, CREATIVITY, FELLOWSHIP AND BEING ACTIVE!

WHY?

EACH DAY THERE WILL BE A MAIN ACTIVITY AND TWO OPTIONAL EXTRA ACTIVITIES FOR FUN.

TO SCORE 10 POINTS FOR YOUR HOUSE, COMPLETE THE MAIN ACTIVITY EACH DAY. THE OPTIONAL ACTIVITIES WILL NOT COUNT TOWARDS YOUR TOTAL SCORE BUT THEY ARE A LOT OF FUN!

THE ACTIVITIES ARE SHORT AND FUN. FEEL FREE TO SHOW DETERMINATION IN TRYING TO BEAT YOUR SCORE IN THE INDIVIDUAL ACTIVITIES. KEEP PERSEVERING!

SEND IN ANY PHOTOS AND SHORT VIDEOS TO MRS FOX IF YOU WANT THEM TO BE SHARED ON THE SPECIFIC CLASS BLOG.

WHAT?

OFFICIAL SCORING SYSTEM

1. COMPLETE THE MAIN ACTIVITY FOR THE DAY
2. WRITE A COMMENT ABOUT THE ACTIVITY ON YOUR CLASS BLOG TO EARN YOUR HOUSE 10 POINTS!
3. THE POINTS WILL BE RECORDED FROM THE CLASS BLOG AT 5PM EACH DAY E.G. IF 20 CHILDREN FROM DIAMOND COMPLETE THE MAIN ACTIVITY ON MONDAY AND MAKE A COMMENT ON THE BLOG, THEN DIAMOND WOULD HAVE EARNED 200 POINTS FOR THAT DAY
4. EACH MORNING THE TOTAL POINTS THUS FAR WILL BE POSTED AS A NEWS STORY ON THE MAIN HOMEPAGE OF THE SCHOOL WEBSITE TO GIVE YOU EXTRA MOTIVATION FOR THAT DAY!

THE EXTRA TWO ACTIVITIES EACH DAY ARE JUST FOR FUN AND YOU CANNOT SCORE POINTS FOR YOUR HOUSE IN THESE ACTIVITIES.

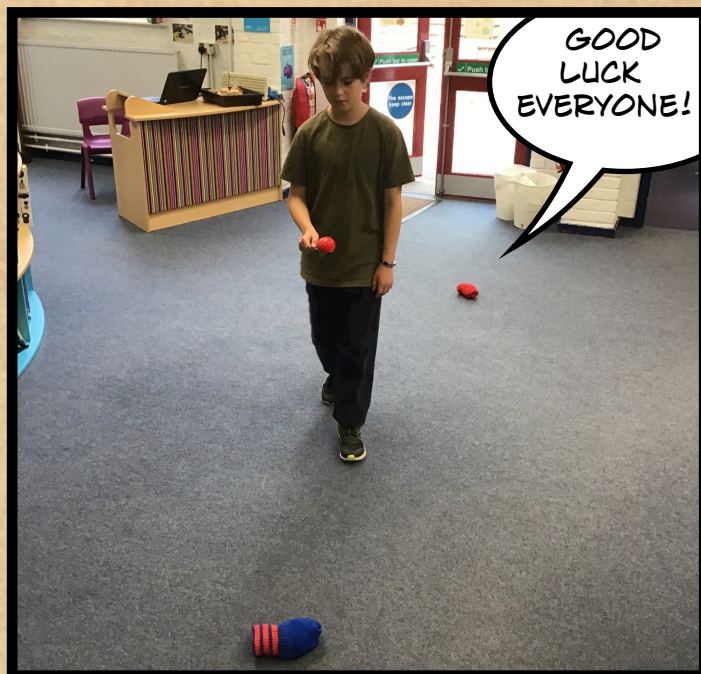
IF THERE IS A TIE AT THE END OF THE WEEK, MRS FOX WILL HAVE THE DECIDING FACTOR BASED ON WHICH HOUSE HAS BEEN THE MOST CREATIVE WITH THE FANCY DRESS RACE ON THURSDAY!



EGG AND SPOON RACE

WHAT YOU WILL NEED...

- ONE SPOON
- ONE EGG/BALL/SCRUNCHED UP PAPER
- TWO CONES/MARKERS
- A TIMER



WHAT TO DO...

1. SET THE CONES OR MARKERS UP IN A SAFE PLACE A CERTAIN DISTANCE APART - THIS WILL BE YOUR TRACK.
2. PLACE THE EGG/BALL/SCRUNCHED UP PAPER ON THE BALL.
3. GET SOMEONE TO START THE TIMER - OFF YOU GO!
4. HOW LONG CAN YOU KEEP THE EGG/BALL/PAPER ON YOUR SPOON?

NEED A CHALLENGE?

1. HOP ON ONE LEG?
2. JUMP UP AND DOWN?
3. USE A BIGGER BALL?
4. SIT DOWN AND STAND BACK UP?

RULES!

1. THE EGG MUST STAY ON THE SPOON!
2. DO NOT GLUE THE EGG TO THE SPOON!
3. BE QUICK, YOU ARE AGAINST THE CLOCK!
4. KEEP YOUR OTHER HAND BEHIND YOUR BACK!
5. TELL YOUR CLASS TEACHER HOW YOU GOT ON IN YOUR CLASS BLOG!



LEAKY CUP

WHAT YOU WILL NEED...

- AN ADULT
- PLASTIC CUP/PLASTIC BOTTLE/MILK BOTTLE
- PENCIL/ SCISSORS
- ENOUGH WATER TO FILL CUP OR BOTTLE
- 2 CONES/MARKERS



WHAT TO DO...

1. FIRST PIERCE A HOLE IN THE BOTTOM OF A PLASTIC CUP OR BOTTLE TO CREATE A PENCIL SIZE HOLE (DEFINITELY ASK FOR HELP FROM AN ADULT)
2. SPACE THE CONES/JUMPERS APART IN AN AREA THAT YOU CAN SAFELY USE. THIS WILL BE YOUR ACTIVITY ZONE
3. CAREFULLY ADD THE WATER INTO THE CUP/ BOTTLE AND PLACE YOUR FINGER OVER THE HOLE.
4. RELEASE YOUR FINGER AND HOLD THE CUP/ BOTTLE ABOVE YOUR HEAD.
5. BY WALKING ONLY, RECORD HOW MANY TIMES YOU REACH EACH CONE/JUMPER. GO BACK AND FORTH UNTIL THE WATER RUNS OUT OVER YOUR HEAD!
5. SWRITE YOUR COMMENTS ONTO THE CLASS BLOG TO GAIN 10 POINTS FOR YOUR HOUSE TODAY!

RULES!

1. WALKING ONLY!
2. WALKING FROM ONE MARKER TO THE NEXT COUNTS AS 1. THERE AND BACK WOULD BE 2.
3. YOU WILL GET WET WITH THIS ACTIVITY - EMBRACE IT!
4. DO IT AGAIN!
5. HAVE FUN WITH IT!
6. DRY YOUR HAIR
7. SEND A PHOTO IN!



WHITEWATER WALL SIT

WHAT YOU WILL NEED...

- A FLAT WALL
- A TIMER
- STRONG LEGS!
- GOOD POSTURE
- KNOWLEDGE OF A RIGHT ANGLE
- AN IMPARTIAL REFEREE



WHAT TO DO...

1. FIND A FLAT WALL INSIDE OR OUTSIDE.
2. PLACE YOUR BACK FLAT AGAINST THE WALL.
3. BEND YOUR KNEES SO THEY ARE AT A RIGHT ANGLE (THIS IS IMPORTANT).
4. YOUR LEGS SHOULD BE STRAIGHT AND LOOK LIKE THE CORNER OF A SQUARE.
5. YOUR FEET SHOULD BE FLAT ON THE FLOOR.
6. HOLD THIS POSITION FOR AS LONG AS YOU CAN!

NEED A CHALLENGE?

1. CAN YOU JUGGLE AT THE SAME TIME?
2. CAN YOU PLAY NUMBOTS OR TIMES TABLES ROCK STARS AT THE SAME TIME?

RULES!

1. BACK FLAT AGAINST THE WALL.
2. FEET FLAT ON THE FLOOR.
3. LEGS SHOULD BE BENT AT 90 DEGREES.
4. SEND IN YOUR PHOTOS TO MRS FOX
5. COMMENT ON YOUR CLASS BLOG - BE PROUD OF WHAT YOU HAVE DONE!