



# 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!





# WAT-ER RACE

## WHAT YOU WILL NEED...

- ONE BOTTLE/CUP/BOWL
- WATER
- TWO MARKERS
- A TIMER
- BALANCE!



## WHAT TO DO...

1. THINK OF THE EGG AND SPOON RACE BUT USE A CUP AND WATER INSTEAD OF AN EGG AND SPOON
2. CAN YOU MEASURE THE AMOUNT OF WATER BEFORE STARTING?
3. WALK/JOG/RUN AS FAR AS YOU CAN IN 1 MINUTE - TRY AND KEEP AS MUCH WATER IN THE CUP AS POSSIBLE
4. MEASURE THE AMOUNT OF WATER LEFT AND SUBTRACT THAT FROM WHAT YOU STARTED WITH

## NEED A CHALLENGE?

1. FILL THE CUP RIGHT TO THE BRIM - HOW LONG CAN YOU GO WITHOUT SPILLING A DROP?
2. HOLD A CUP IN EACH HAND?

## RULES!

1. ASK AN ADULT WHERE YOU CAN RACE WITH WATER
2. TRAVEL AS FAST AS YOU CAN.
3. APPOINT AN IMPARTIAL REFEREE.
4. HAVE THREE ATTEMPTS - HOW FULL CAN YOU KEEP YOUR CUP?
5. TELL YOUR CLASS HOW YOU DID ON YOUR BLOG!





# BOTTLE FLIP

## WHAT YOU WILL NEED...

- PLASTIC BOTTLE (ANY SIZE)
- WATER (ANY AMOUNT)
- TIMER
- PATIENCE
- A GROWTH MINDSET



## WHAT TO DO...

1. PUT ANY AMOUNT OF WATER INTO A PLASTIC BOTTLE
2. FIND A SUITABLE SURFACE
3. TIME YOURSELF TO SEE HOW QUICKLY YOU CAN FLIP THE BOTTLE SO IT IS UPRIGHT
4. KEEP GOING WHEN YOU FIND IT TOUGH!
5. CELEBRATING ACCORDINGLY WHEN YOU SUCCEED!

## NEED A CHALLENGE?

1. HOW MANY TIMES CAN YOU DO IT IN ONE MINUTE?
2. CAN YOU FLIP IT WITH YOUR NON-DOMINANT HAND?

## RULES!

1. YOU CAN USE ANY AMOUNT OF WATER AND HAVE ANY SIZED BOTTLE
2. CAREFULLY COUNT THE FLIPS THAT LAND.
3. FLIP THE BOTTLE WITH ONE HAND ONLY.
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PHOTOS OR SHORT VIDEOS INTO MS FOX!





# SHOE SHUTTLE

## WHAT YOU WILL NEED...

- SIX PAIRS OF SHOES
- A BASKET/BOX
- A TIMER
- FOCUS



## WHAT TO DO...

1. PLACE ALL 12 SHOES IN RANDOM PLACES IN YOUR HOUSE OR OUTSIDE. OR EVEN BETTER, GET SOMEONE ELSE TO PLACE THEM BUT YOU MUST KNOW WHERE THEY ARE
2. MAKE SURE ALL SHOES CAN FIT IN THE BUCKET/BOX
3. START THE TIMER AND SEE HOW LONG IT TAKES YOU TO COLLECT ALL 12 SHOES AND PUT THEM BACK INTO THE BASKET/BOX
4. YOU HAVE TO PICK UP ONE SHOE AND TAKE IT TO THE BASKET BEFORE GOING TO GET ANOTHER SHOE

## NEED A CHALLENGE?

1. GET SOMEONE TO HIDE THE SHOES IN THE HOUSE OR GARDEN BUT MAKE SURE THEY ARE ALL ACCESSIBLE AND ON ONE LEVEL

## RULES!

1. THIS SHOULD ONLY BE PLAYED ON ONE LEVEL - NO STAIRS.
2. START BY THE BASKET/BOX
3. RUN TO A SHOE, TAKE THE SHOE BACK TO THE BASKET
4. ONLY PICK UP ONE SHOE AT A TIME
5. THE SHOES MUST GO INSIDE THE BASKET/BOX TO COUNT