



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 ONTO THE CLASS PAGES EACH MORNING

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. DO THEM AGAIN AND AGAIN!

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 ON EACH CLASS BLOG 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!



BUCKET BALL

WHAT YOU WILL NEED...

- SOME SCRUNCHED UP PIECES OF PAPER
- A BUCKET / BASKET
- A TIMER
- FOCUS



WHAT TO DO...

1. PLACE THE BUCKET/BASKET IN THE HOUSE OR GARDEN AND CHOOSE A STARTING POSITION TO THROW FROM - MAKE IT PERSONAL AND CHALLENGING FOR YOU!
2. THROW THE SCRUNCHED UP PAPER INTO THE BUCKET/BASKET AS MANY TIMES AS YOU CAN IN TWO MINUTES
3. DID YOU FIND IT TOO EASY? HAVE A LOOK AT THE CHALLENGE BELOW!

NEED A CHALLENGE?

1. MOVE FURTHER AWAY FROM THE BUCKET/BASKET
2. STAND ON ONE LEG WHILE THROWING
3. CHOOSE A SMALLER BUCKET/BASKET
4. THROW WITH YOUR NON-DOMINANT HAND

RULES!

1. ASK AN ADULT BEFORE YOU USE ANY EQUIPMENT
2. HAVE A COUPLE OF PRACTICE ATTEMPTS TO FIND A CHALLENGE RIGHT FOR YOU
3. BE QUICK - YOU ARE AGAINST THE CLOCK!
4. THE PAPER HAS TO STAY INSIDE THE BUCKET/BASKET TO COUNT
5. TELL YOUR CLASS WHAT YOU USED AS YOUR TARGET ON THE CLASS BLOG!



RECYCLED BOWLING

WHAT YOU WILL NEED...

- SIX PLASTIC BOTTLES (ANY SIZE)
- A PAIR OF SOCKS
- A FLAT SURFACE
- A GROWTH MINDSET
- DETERMINATION



WHAT TO DO...

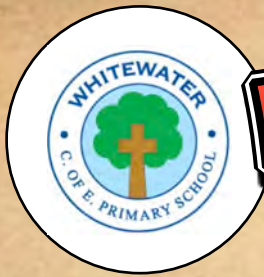
1. PLACE THE SIX BOTTLES IN A TRIANGLE FORMATION. FIND A SENSIBLE AND CHALLENGING DISTANCE TO BOWL FROM
2. ROLL THE PAIR OF SOCKS INTO A BALL
2. ROLL THE BALL ALONG THE GROUND AND SEE HOW MANY BOTTLES YOU CAN KNOCK DOWN
3. YOU HAVE THREE THROWS - AFTER EACH THROW, STAND THE BOTTLES BACK UP
4. RECORD HOW MANY BOTTLES YOU HAVE KNOCKED DOWN ALTOGETHER AFTER YOUR THREE THROWS.
MAXIMUM POINTS: 3 STRIKES = 18 POINTS

NEED A CHALLENGE?

1. START FURTHER AWAY FROM THE BOTTLES
2. THROW WITH YOUR NON-DOMINANT HAND

RULES!

1. MARK OUT A SENSIBLE AND SAFE SPACE
2. PUT THE BOTTLES BACK AFTER EACH GO
3. COUNT HOW MANY BOTTLES YOU HAVE KNOCKED DOWN
4. CAN YOU TRY AND BEAT YOUR SCORE?



WHITEWATER WATER BALLOON CATCH

WHAT YOU WILL NEED...

- WATER BALLOONS OR A VERY WET SPONGE
- A PARTNER (AT HOME)
- FELLOWSHIP
- A TIMER
- A TOWEL (OPTIONAL)



WHAT TO DO...

1. STAND APART - MAKE IT CHALLENGING.
2. USE ANY THROWING TECHNIQUE: UNDER ARM, OVER ARM, CHEST PASS ETC
3. SEE HOW MANY COMPLETED PASSES YOU CAN DO IN 2 MINUTES.
3. IF YOU DROP IT, PICK IT UP AND CARRY ON COUNTING FROM THE NUMBER YOU WERE ON
4. SEND IN YOUR PHOTOS AND SHORT VIDEOS!

NEED A CHALLENGE?

1. INCREASE THE DISTANCE
2. KEEP ONE HAND BEHIND YOUR BACK
3. OVERFILL THE WATER BALLOONS

RULES!

1. USE WATER BALLOONS OR ANY SPONGE YOU HAVE AT HOME
2. CAREFULLY COUNT THE COMPLETED PASSES
3. ONE COMPLETED THROW EQUAL ONE SCORE
4. BE QUICK - YOU ARE AGAINST THE CLOCK!
5. IF YOU DROP IT, PICK IT UP QUICKLY AND CARRY ON