



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!



WELLY THROW

WHAT YOU WILL NEED...

- A WELLY
- A TAPE MEASURE/YOUR FEET TO MEASURE
- MARKERS/CONES TO SHOW YOUR THROWS
- A BIG SAFE SPACE!



WHAT TO DO...

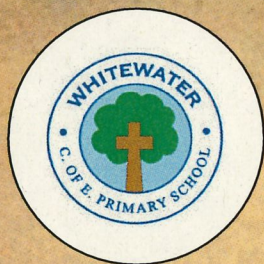
1. FIND AN OPEN SPACE OUTSIDE.
2. PLACE A MARKER DOWN NEXT TO THE THROWER'S POSITION.
3. THE THROWER THROWS THE WELLY USING WHATEVER TECHNIQUE THEY LIKE AS FAR AS THEY CAN.
4. USE A TAPE MEASURE OR YOUR OWN FEET TO MEASURE THE DISTANCE.
5. RETRIEVE YOUR WELLY.
6. SEND A PHOTO TO MRS FOX!

NEED A CHALLENGE?

1. CAN YOU THROW A BIGGER WELLY?
2. CAN YOU THROW WITH YOUR NON-DOMINANT HAND?

RULES!

1. MAKE SURE YOU HAVE A SAFE ENVIRONMENT TO THROW THE WELLY.
2. THROWER AND ANY AUDIENCE STANDS BEHIND THE MARKER.
3. CAREFULLY MEASURE THE DISTANCE USING A TAPE MEASURE OR YOUR FEET.



SOCK DRIBBLE

WHAT YOU WILL NEED...

- 3 PAIRS OF SOCKS
- 5 MARKERS
- A TIMER
- FOCUS
- DETERMINATION



WHAT TO DO...

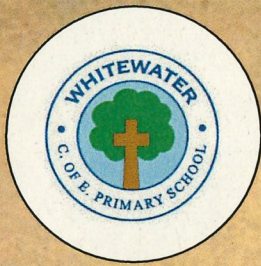
1. IN YOUR LIVING ROOM OR ON A FLAT SURFACE SOMEWHERE IN YOUR HOUSE OR GARDEN, PLACE DOWN 3 OR 5 MARKERS IN A ROW WITH GAPS BETWEEN (MUGS, PAPER, TEDDIES ETC)
2. SCRUNCH UP 3 PAIRS OF SOCKS TO CREATE A BALL.
3. DRIBBLE THE BALL OF SOCKS IN AND OUT OF THE MARKERS AS MANY TIMES AS YOU CAN IN 1 MINUTE.
4. HAVE ANOTHER GO - CAN YOU BEAT YOUR SCORE?

NEED A CHALLENGE?

1. DECREASE THE GAPS BETWEEN THE MARKERS
2. USE ONE PAIR OF SOCKS
3. USE ONLY ONE FOOT

RULES!

1. ENSURE THE MARKERS ARE A SENSIBLE DISTANCE APART.
2. ENSURE YOU DRIBBLE IN AND OUT OF EACH MARKER.
3. CAREFULLY COUNT HOW MANY FULL CIRCUITS YOU COMPLETE.
4. SEND PHOTOS OF YOUR ACTIVITY INTO MRS FOX IF YOU WANT TO SEE THEM ON THE CLASS BLOG.



SOCK AND SPOON SIDE JUMP

WHAT YOU WILL NEED...

- ONE SOCK
- A SPOON
- A MARKER/TOWEL
- A TIMER
- FOCUS

GOOD
LUCK
EVERYONE!



WHAT TO DO...

1. IF OUTSIDE, PLACE A STICK ON THE GROUND. IF INSIDE, ROLL A TOWEL UP AND PLACE ON THE GROUND.
2. FLOP ONE SOCK/A WET WIPE OVER A SPOON AND STAND TO ONE SIDE OF THE MARKER (SHOWN BY A SOCK IN THE PHOTO).
3. START THE CLOCK AND COUNT HOW MANY TIMES YOU CAN COMPLETE A TWO-FOOTED SIDE JUMP OVER THE TOWEL OR STICK IN ONE MINUTE. THE SOCK NEEDS TO REMAIN ON THE SPOON FOR A JUMP TO COUNT.
4. UPLOAD YOUR SCORE ONTO THE CLASS BLOG!

NEED A CHALLENGE?

1. CAN YOU HOLD IT WITH YOUR LESS-DOMINANT HAND?
2. CAN YOU USE A TEA SPOON AND LONGER SOCK?

RULES!

1. FOR A JUMP TO COUNT, THE SOCK NEEDS TO BE AND STAY ON THE SPOON.
2. IF THE SOCK FALLS OFF THE SPOON, PICK IT UP AND THEN CARRY ON JUMPING.
3. BE QUICK, YOU ARE AGAINST THE CLOCK!
4. MAKE SURE YOU ARE JUMPING AND LANDING ON TWO FEET