



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!



FANCY DRESS RACE

WHAT YOU WILL NEED...

- A CREATIVE MIND
- A SAFETY OFFICER
- SHORTS/TROUSERS/ SKIRTS/SOCKS/ TIGHTS/TIES/T-SHIRTS/HATS/ SUNGLASSES/THE STRANGER THE BETTER!
- LOTS OF ENERGY
- TIMER



WHAT TO DO...

1. FIND SOME SUITABLE CLOTHES - ASK BEFORE YOU TAKE THEM!
2. PLACE THE CLOTHES IN AN ORDER WITH A CLEAR START AND FINISH LINE.
3. CHECK THE AREA THAT YOU ARE USING IS SAFE AND SENSIBLE!
4. COMPLETE ONE LAP OF YOUR OBSTACLE COURSE - GET SOMEONE TO TIME YOU
5. SEND IN PHOTOS / SHORT VIDEOS TO MRS FOX!

NEED A CHALLENGE?

1. WHO OWNS A WETSUIT?
2. USE THAT ONESIE!
3. ANYTHING LYCRA IS A MUST!

RULES!

1. TAKE CARE - THINK ABOUT SAFETY!
2. BE CREATIVE!
3. BE QUICK, YOU ARE AGAINST THE CLOCK!
4. IF CLOTHING ITEMS ARE DAMAGED YOU WILL PROBABLY GET SOME EXTRA CHORES!
5. SHARE YOUR COURSE AND IDEAS ON THE CLASS BLOG!



OBSTACLE COURSE

WHAT YOU WILL NEED...

- A CREATIVE MIND
- A SAFETY OFFICER
- FURNITURE/PLANT POTS/HOOPS/SOCKS/ ANYTHING AND EVERYTHING!
- LOTS OF ENERGY
- TIMER



WHAT TO DO...

1. FIND SOME SUITABLE OBSTACLES.
2. PLACE THE OBSTACLES IN AN ORDER WITH A CLEAR START AND FINISH LINE.
3. CHECK THE AREA THAT YOU ARE USING IS SAFE AND SENSIBLE!
4. COMPLETE ONE LAP OF YOUR OBSTACLE COURSE - GET SOMEONE TO TIME YOU
5. SEND IN PHOTOS / SHORT VIDEOS TO MRS FOX!

NEED A CHALLENGE?

1. CAN YOU GO APPLE BOBBING?
2. CAN YOU DO IT WHILE ANSWERING TIMES TABLES QUESTIONS FROM THE SAFETY OFFICER?

RULES!

1. TAKE CARE - THINK ABOUT SAFETY!
2. BE CREATIVE!
3. BE QUICK, YOU ARE AGAINST THE CLOCK!
4. IF PERSONAL ITEMS ARE DAMAGED YOU WILL PROBABLY GET SOME EXTRA CHORES!
5. SHARE YOUR COURSE AND IDEAS ON THE CLASS BLOG!



TEDDY BEAR RUN

WHAT YOU WILL NEED...

- YOUR FAVOURITE TEDDY
- MARKERS/CONES
- A TIMER
- A POSITIVE MINDSET
- FOCUS



WHAT TO DO...

1. USING THE TWO MARKERS OR CONES, MAKE YOURSELF A TRACK. PLACING A MARKER AT THE START AND AT THE END. THIS WILL BE YOUR RUNNING TRACK.
2. HOLD YOUR TEDDY, YOU NEED TO RUN FROM ONE MARKER TO THE OTHER AND CONTINUE UNTIL THE ONE MINUTE IS OVER.
3. CAREFULLY COUNT HOW MANY RUNS YOU CAN DO IN 1 MINUTE!
4. GIVE YOUR TEDDY A PAT ON THE BACK!
5. AFTER A DRINKS BREAK, CAN YOU DO IT AGAIN AND BEAT YOUR SCORE?
6. SUBMIT YOUR SCORE ONTO THE SCHOOL BLOG TO WIN A POINT FOR YOUR HOUSE THAT DAY

RULES!

1. FEELING LIKE YOU NEED A CHALLENGE? BALANCE YOUR TEDDY ON YOUR HEAD WHILST YOU ARE MOVING!
2. YOU SCORE 1 BY RUNNING FROM ONE MARKER TO THE OTHER. FOR EXAMPLE, THERE AND BACK WOULD BE A SCORE OF 2.
3. USE FELLOWSHIP BY SUPPORTING OTHER MEMBERS OF YOUR FAMILY WHEN IT IS THEIR TURN.