**Sports Day 2020**

**Week Beginning 29th June**

This is the time of year when sports days take place across the nation but this year things are a little different. However, that does not mean that sports day can’t happen. This week I would like you to prepare for a socially distanced sports day on Friday. Each day you will be set tasks to prepare for the event on Friday. You may decide to plan your Sports day with a friend so you will have to agree on some of the details. These tasks below are designed to help you prepare for your Sports Day on Friday. You should work through the tasks at your own pace – you have all week to prepare for it.

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|  | Task Outline | Resources Needed |
| Task 1 | Look at the Sports Day Assembly to remind yourself of the spirit of Sports Day. | Sports Day Assembly – See school website for details |
| Task 2 | Begin to plan your socially distanced event   * Where will it take place? * At what time?   *You may wish to look at the weather forecast and think about when it will be best to undertake your Sports Day – you do not want to be doing Sports at the hottest part of the day.*   * Who will you invite to participate in your Sports day?   *Your Sports Day may be an event that you complete with friends (remember to socially distance) or with family members.*   * You DO NOT need to plan the sports events themselves at this stage – we will complete this task later on in the week. | <https://www.metoffice.gov.uk/weather/forecast/gcpkcbj8j#?date=2020-06-26> |
| Task 3 | Create an invitation to your Sports Day on Friday.   * Include the details of where/when * Why not deliver it to your friend’s house or to your family members?   *If you are working with a friend to plan your Sports Day Event, you should still complete an invitation for each other.* | Paper, pens, pencils, envelope (this could be home-made). |
| Task 4 | Plan events   * Think about the events that you will have at your Sports Day.   *Remember, these must be socially distanced sports.*   * Plan your schedule for Sports Day, including events, order of events, timings for the day. * Create a schedule of events for the participants. * Create a detailed list of any resources you may need for your Sports Day. | Newsround report on a socially distanced Sports Day:  <https://www.bbc.co.uk/newsround/52894794>  Some Sports Day ideas (you will have your own ideas too):  <https://www.biggamehunters.co.uk/acatalog/Sports-Day-Activities-Primary-School.html#key-stage-2-sports-day>  <https://www.primaryteaching.co.uk/blog/sports-day/>  <https://www.thepeshed.com/single-post/2017/05/31/7-Competitive-Sports-Day-Races> |
| Task 5 | Rewards/Medals  Usually at Sports Day, stickers are awarded alongside team points for individual performances. How will you reward people for participating in your Sports Day?   * Design a medal or other reward for your participants. If you are feeling particularly creative, you could make your medals. * Design a score sheet to record details of winners | Sports Day Medal design sheet – available on school website. |
| Task 6 | Warm up & Cool Down Routine  It is important to warm up before taking exercise because:   * It prepares the joints and muscles to work efficiently * It reduces the chance of injury or muscle strains * It increases the heart rate and blood circulation to meet the increased energy the body will need for the main activity. * It prepares you mentally for physical activity. * Prepare a warm-up or cool down routine (or both!) to prepare your bodies on Sports Day. | Warm up Ideas:  Warming up – pdf file on school website  Stretches – pdf file on school website  <https://blogs.glowscotland.org.uk/glowblogs/dnsuodeportfolio1/2018/09/11/my-top-ten-warm-up-activities/> |
| Task 7 | Healthy Snacks  You have done lots of work over your time at Beenham on healthy eating so it’s time to put your skills to good use.   * Work through the PowerPoint **Healthy Eating**to remind yourself about the importance of eating well. * Plan healthy snacks for your Sports Day event. Remember, it is just as important to stay hydrated as it is to eat healthy snacks. What drinks will be available? | Healthy Eating PowerPoint – available on school website |
| Task 8 | Sports Day   * Now it’s time to enjoy your hard work. Have fun enjoying your Sports Day and don’t forget to take some photographs to send to me. |  |
| Task 9 | Memories – present your work   * Make a presentation in any way that you choose about your Sports Day. * It could be a photograph montage, a PowerPoint, a poster. * Reflect on what went well and what you might change next time. |  |