

HTPD - Virtual Sports Week

Monday 22nd June – Friday 26th June

What is Daily Sports Week?

- Daily Warm Up's
- 2 Challenges each day – one serious, one fun
- Children can submit their results
- Daily Cool Down's
- Winners will include: Top Class, Top 10 athletes in each year group
- Results will count towards the Athletics House Trophy presented later in the term

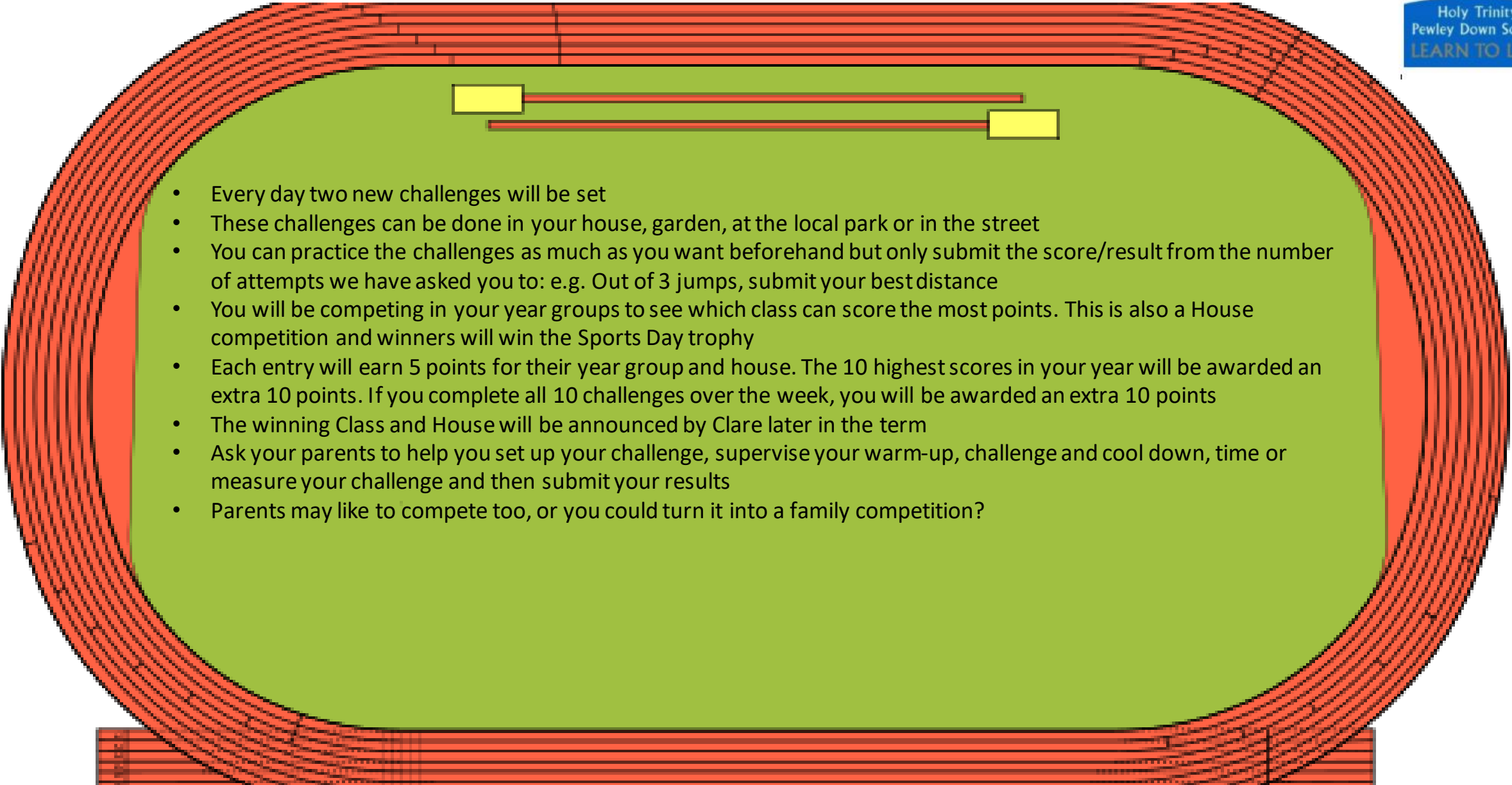


To take part in Virtual Sports Week, you will need:

- Tape measure or ruler
- Stop-watch or phone
- 3 pairs of socks
- Tennis ball
- 3 x bucket or large bowl
- Hard-boiled egg
- Wooden spoon
- Old pillow-case
- Cones or plastic flowerpots, anything to mark out a distance and use as a marker
- Pen and paper for recording

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How will it work?

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- Every day two new challenges will be set
 - These challenges can be done in your house, garden, at the local park or in the street
 - You can practice the challenges as much as you want beforehand but only submit the score/result from the number of attempts we have asked you to: e.g. Out of 3 jumps, submit your best distance
 - You will be competing in your year groups to see which class can score the most points. This is also a House competition and winners will win the Sports Day trophy
 - Each entry will earn 5 points for their year group and house. The 10 highest scores in your year will be awarded an extra 10 points. If you complete all 10 challenges over the week, you will be awarded an extra 10 points
 - The winning Class and House will be announced by Clare later in the term
 - Ask your parents to help you set up your challenge, supervise your warm-up, challenge and cool down, time or measure your challenge and then submit your results
 - Parents may like to compete too, or you could turn it into a family competition?

HTPD - Virtual Sports Week

Monday – Challenge 1: Standing Long Jump

Rules:

- Measure out between 3m and 4m from where the athlete will be jumping
- Find somewhere safe to jump, no slippery surfaces or hard concrete!
- 2 footed take off from the take-off line
- Measure from the take-off line to the back of the closest heel on landing. If you step back it is a no jump
- Remember you can practice as much as you want, then jump 3 times in a row and submit your best jump
- For example: score = 1.2m
- [Now submit your score](#)

Warm up: 20 seconds of;

- Star Jumps – An explosive jump where your hands start by your feet, knees bent and you jump up, arms out to your sides, legs wide
- Heel flicks – Place the backs of your hands on your bottom and quickly flick your feet behind you so they lightly kick your hands
- High knees – Running on the spot with your knees coming up to hip level, this one should be done fast so your heart starts pumping

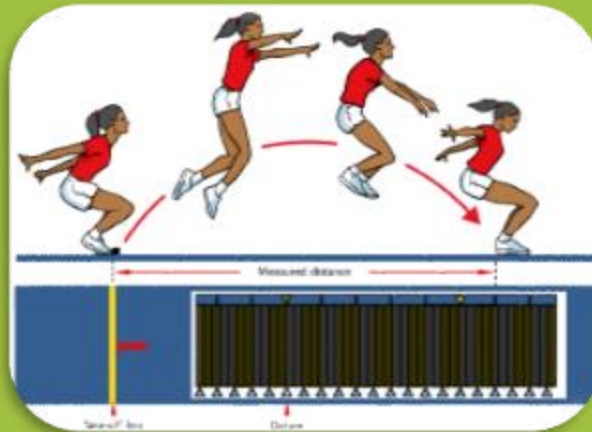


HTPD - Virtual Sports Week

Monday – Challenge 1: Standing Long Jump

Top Tips:

- Before jumping bend your knees and swing your arms at the same time for momentum
- Look where you want to jump!
- Bend your knees into a squat on landing



Cool Down – 30 second stretch:

- Front of Thigh – Knees level, hold wall for support, support leg slightly bent, stand tall with tummy held in, feel stretch in the front of the thigh. Change legs
- Back of Thigh – One leg in front of the other and straight knee. Hands on bent knee. Sit out on support leg with bottom out and straight back. Feel the stretch on the back of thigh and straight leg. Change legs



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Monday – Challenge 2: Sock/Ball Throw

Rules

- From where you will throw, measure out 2m, 3m and 4m and place a bowl or bucket on each
- Your challenge is to throw a pair of socks or tennis ball into each bowl
- You have 3 attempts at each distance
- You can practice as many time as you want.
Then, when you are ready, begin your 9 throws
- Once you have had three attempts at each distance submit your scores
- [Now submit your score](#)
For example: score = 4 out of 9

Warm Up: 20 seconds of:

- Simulated swimming – Front crawl, breaststroke, butterfly and backstroke with feet shoulder width apart, knees slightly bent
- Aeroplanes – loose jogging adding in aeroplane action using arms and wings (making aeroplane noises is good too!)
- Now combine jogging around with swimming strokes



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Monday – Challenge 2: Sock/Ball Throw

Top Tips:

- When you are practicing, try both overarm and underarm to see which works best
- Look where you are aiming
- Point your wrist to where you are aiming, if your wrist is pointing towards the sky, where will your socks/ball go?
- Stand with your feet shoulder width apart and bend your knees

Cool Down; 30 second stretch

- Reach for the Sky: Stand upright feet together, reach upwards with hands as high as you can
- Side Bends – Stand with feet shoulder width apart and hands on hips. Keep your back straight. Take your arm overhead. Feel stretch down the side of your trunk. Change arms

