

# **WEST YORKSHIRE SCHOOL GAMES**

# **VIRTUAL SPORTS DAY**

**7 JULY 2020, SILSDEN PRIMARY SCHOOL**



# KEY LINKS

- **OFFICIAL EVENT VIDEO:** [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Wlfontcnmey](https://www.youtube.com/watch?v=Wlfontcnmey) - FROM 10AM TUESDAY.
- **EVENT PAGE INCLUDING LINK TO SUBMIT YOUR SCORES:** [HTTPS://WWW.YORKSHIRESPORT.ORG/WHAT-WE-DO/IN-EDUCATION/SCHOOL-GAMES/](https://www.yorkshiresport.org/what-we-do/in-education/school-games/) - THE FORM FOR SCORES WILL BE LIVE WHEN THE EVENT STARTS AND WILL CLOSE AT 12PM ON WEDNESDAY 8<sup>TH</sup> JULY.
- **DIRECT LINK TO SCORE FORM:** [HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSFDEX8X00-PTKFWASGOB7DEXM1UZVMQMFAPWPKCU9YEKG6QQG/CLOSEDFORM](https://docs.google.com/forms/d/e/1FAIPQLSFDEX8X00-PTKFWASGOB7DEXM1UZVMQMFAPWPKCU9YEKG6QQG/CLOSEDFORM) – LIVE ON THE DAY.
- **SCHOOL TWITTER:** [HTTPS://TWITTER.COM/SILSDENPRIMARY](https://twitter.com/silsdenprimary)

# TIMETABLE

- **TUESDAY 7<sup>TH</sup> JULY:**

- **EVENT LAUNCH VIDEO LIVE FROM 10AM (AND WATCHABLE AFTERWARDS)**
  - **INCLUDES A DANCE PERFORMANCE, AN OFFICIAL WARM UP AND INSTRUCTIONAL VIDEOS FOR COMPETITORS**
- **5 COMPETITIONS TO COMPLETE THROUGHOUT THE DAY**
- **SUBMIT PHOTOS TO YOUR TEACHER VIA CLASS DOJO OR DIRECTLY TO @SILSDENPRIMARY ON TWITTER USING #WYSG**
- **SUBMIT YOUR SCORES ONLINE (ONE FORM PER PARTICIPANT)**

- **WEDNESDAY 8<sup>TH</sup> JULY:**

- **DEADLINE FOR SCORES IS 12PM**
- **FINAL RESULTS ANNOUNCED DURING THE AFTERNOON ON @YORKSHIRESPORT TWITTER FEED.**

# AWARDS AND PRIZES



- **THERE WILL BE EQUIPMENT GOODY BAGS FOR THE WINNING SCHOOLS SHOWING EXAMPLES OF THE FOLLOWING SCHOOL GAMES VALUES:**
- **TEAMWORK:** FOR EACH OF THE COMPETITIONS (EXCLUDING GYMNASTICS), THE ORGANISERS WILL BE AVERAGING ALL THE SCORES SUBMITTED ACROSS ALL AGE GROUPS IN A SCHOOL. THE SCHOOL WITH THE HIGHEST AVERAGE SCORE FOR EACH COMPETITION WILL WIN THE TEAMWORK AWARD!
- **DETERMINATION:** THIS WILL BE THE SCHOOL WHO HAS SUBMITTED THE MOST ENTRIES FOR THE DAY.
- **PASSION:** PLEASE SHARE YOUR DAY ON SOCIAL MEDIA USING THE HASHTAG **#WYSG** AND WE WILL BE CHOOSING A WINNER WHO DISPLAYS THE MOST PASSION!

# THE COMPETITIONS – ALL AGES

- 1. NETBALL CHALLENGE**
- 2. KEEPIE UPPIE CHALLENGE**
- 3. RUGBY CHALLENGE**
- 4. GYMNASTICS PERSONAL BEST CHALLENGE**
- 5. 20 SECOND SPEED BOUNCE CHALLENGE**



# 1. NETBALL CHALLENGE



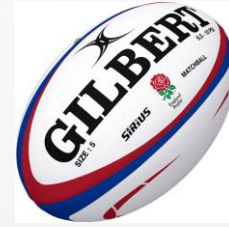
- **NEEDED: ANYTHING SOFT TO THROW UPWARDS – A NETBALL, SPONGE BALL, TENNIS BALL, ROLLED UP PAIR OF SOCKS ETC. THE SMALLER THE BALL, THE HARDER THE CHALLENGE...**
- **SCORING: MAXIMUM 10 POINTS AVAILABLE**
  - **CHALLENGE 1: THROW, CLAP AND CATCH! MAXIMUM 4 POINTS.**
    - **THROW THE BALL UP AND CLAP BEFORE YOU CATCH IT. 1 POINT FOR TRYING AND 1 POINT FOR SUCCEEDING!**
    - **THROW THE BALL UP AND CLAP 5 TIMES BEFORE YOU CATCH IT. 1 POINT FOR TRYING AND 1 POINT FOR SUCCEEDING!**
  - **CHALLENGE 2: THROW, SIT AND CATCH! MAXIMUM 2 POINTS.**
    - **THROW THE BALL UP AND THEN SIT DOWN. CATCH IT FROM A SEATED POSITION. 1 POINT FOR TRYING AND 1 POINT FOR SUCCEEDING!**
  - **CHALLENGE 3: THROW, TURN AND CATCH! MAXIMUM 2 POINTS.**
    - **THROW THE BALL UP, TURN AROUND FULLY (360°) AND CATCH IT AGAIN. 1 POINT FOR TRYING AND 1 POINT FOR SUCCEEDING!**
  - **CHALLENGE 4: THROW, LIE DOWN AND CATCH WHILST ON FLOOR! MAXIMUM 2 POINTS.**
    - **THROW THE BALL UP AND THEN LIE DOWN. CATCH IT WHILST LAID ON THE FLOOR! 1 POINT FOR TRYING AND 1 POINT FOR SUCCEEDING!**

# 2. KEEPIE UPPIE CHALLENGE



- **NEEDED: ANYTHING SOFT - A BALL, ROLLED UP SOCKS ETC.**
- **IN ONE MINUTE, HOW MANY TIMES CAN YOU KEEP THE BALL/OBJECT IN THE AIR WITHOUT IT TOUCHING THE GROUND?**
- **ASK AN ADULT TO TIME YOU FOR THE 1 MINUTE.**
- **YOU CAN USE ANY PART OF YOUR BODY – HANDS, FEET, KNEES ETC.**
- **SCORING: 1 POINT FOR EVERY KEEPIE UPPIE. ONCE THE BALL/OBJECT TOUCHES THE FLOOR, RESET TO ZERO.**
- **SUBMIT YOUR HIGHEST SCORE ONLY.**

# 3. RUGBY CHALLENGE



- **NEEDED:**
  - **AN A4 PIECE OF PAPER STUCK TO THE WALL (WITH TAC OR TAPE) TO ACT AS A TARGET, OR A PRE-EXISTING TARGET OF A SIMILAR SIZE. THE TARGET SHOULD BE AT APPROXIMATELY SHOULDER HEIGHT.**
  - **SOMETHING SOFT TO THROW AT THE TARGET – A RUGBY BALL, OTHER BALL, ROLLED UP SOCKS ETC.**
  - **OBJECTS TO USE AS MARKERS ON THE FLOOR SO YOU KNOW WHERE TO THROW FROM – CONES OR SHOES ETC.**
- **SET UP YOUR TARGET AND PLACE 3 MARKERS ON THE GROUND MOVING AWAY FROM THE TARGET. MARKER 1 = 2 STRIDES AWAY; MARKER 2 = 3 STRIDES AWAY; MARKER 3 = 4 STRIDES AWAY.**
- **EACH PARTICIPANT HAS 8 ATTEMPTS TO THROW THE BALL – IDEALLY RUGBY STYLE - AT THE TARGET FROM ANY MARKER OF THEIR CHOOSING. YOU SHOULD FACE IN ONE DIRECTION FOR YOUR FIRST 4 THROWS AND THEN TURN THE OPPOSITE DIRECTION FOR THE OTHER FOUR THROWS.**
- **SCORING: MAXIMUM 24 POINTS AVAILABLE**
  - **HIT TARGET FROM MARKER 1 = 1 POINT; HIT TARGET FROM MARKER 2 = 2 POINTS; HIT TARGET FROM MARKER 3 = 3 POINTS.**
  - **MISS TARGET = 0 POINTS! SO MAXIMUM SCORE = 8 HITS FROM MARKER 3 = 8 X 3 = 24 POINTS.**



# 4. GYMNASTICS PERSONAL BEST CHALLENGE



- **NEEDED: A SOFT FLOOR SPACE**
- **WATCH CRAIG HEAP'S VIDEO ONLINE VIA: [HTTPS://WWW.YORKSHIRESPORT.ORG/WHAT-WE-DO/IN-EDUCATION/SCHOOL-GAMES/](https://www.yorkshiresport.org/what-we-do/in-education/school-games/)**
- **HE WILL PERFORM 11 GYMNASTIC 'SHAPES' AND YOU NEED TO COPY THEM AS BEST YOU CAN.**
- **SCORING: PERSONAL BEST CHALLENGE SO NO SCORE TO SUBMIT.**
- **SHARE YOUR ROUTINES USING #WSYG TO BE IN WITH A CHANCE OF WINNING THE PASSION AWARD FOR YOUR SCHOOL!**

# 5. SPEED BOUNCE CHALLENGE



- **NEEDED: SOMETHING LOW TO SAFELY JUMP OVER – CONE, SHOE, STICK ETC.**
- **ASK AN ADULT TO TIME YOU – THIS IS A 20 SECOND CHALLENGE.**
- **HOW MANY TIMES CAN YOU JUMP TWO-FOOTED OVER THE OBJECT IN THE TIME?**
- **SCORING: RECORD THE NUMBER OF JUMPS FROM YOUR BEST ATTEMPT. 1 POINT FOR EVERY JUMP.**

# SCORE TRACKER

FIRSTNAME: \_\_\_\_\_

YEAR: \_\_\_\_\_

	<b>Netball</b>	<b>Keepie Uppie</b>	<b>Rugby</b>		<b>Speed Bounce</b>
<b>Time / Attempts</b>	<b>4 challenges</b>	<b>1 minute</b>	<b>8 throws</b>		<b>20 seconds</b>
<b>Challenge/attempt 1</b>					
<b>Challenge/attempt 2</b>					
<b>Challenge/attempt 3</b>					
<b>Challenge/attempt 4</b>					
	<b>Total 4 challenges</b>	<b>Best attempt</b>	<b>Total of 8 throws</b>		<b>Best attempt</b>
<b>Points Total</b>					

\* Gymnastics challenge is a personal best challenge and does not score.

# ADAPTING THE ACTIVITIES

- **IF YOU NEED TO ADAPT ANY OF THE ACTIVITIES THEN PLEASE DO SO! WE WANT YOU TO ENJOY EACH ACTIVITY AS WELL AS TO CHALLENGE YOURSELF TO DO YOUR BEST.**
- **THERE ARE SUGGESTIONS FOR HOW TO ADAPT ACTIVITIES INCLUDED IN THE EVENT GUIDE:**  
**[HTTPS://WWW.YORKSHIRESPORT.ORG/WHAT-WE-DO/IN-EDUCATION/SCHOOL-GAMES/](https://www.yorkshiresport.org/what-we-do/in-education/school-games/)**

# SCHOOL GAMES VALUES

- **TODAY IS ALL ABOUT GETTING ACTIVE AND HAVING FUN!**
- **THESE ARE THE SIX SCHOOL GAMES VALUES:**
  - **TEAMWORK**
  - **SELF BELIEF**
  - **RESPECT**
  - **PASSION**
  - **HONESTY**
  - **DETERMINATION**
- **HONESTY IS PARTICULARLY IMPORTANT FOR THE VIRTUAL SPORTS DAY – PLEASE SUBMIT YOUR SCORES SENSIBLY!**

**GOOD LUCK EVERYONE!**

**SUBMIT SCORES ONLINE BY 12PM 8<sup>TH</sup> JULY AND SHARE PHOTOS ON  
TWITTER USING #WYSG**

