

# Lancashire Schools Games Big Sports Day – Tuesday 30<sup>th</sup> June 2020

Hello Children, Parents and families. Welcome to our Sports Day. Are you ready to get active?

Here are a selection of activities for your own sports day. You don't need to complete all of them but do try to attempt as many as you can and record your 1<sup>st</sup> attempt and PB (personal best) on the family score card below. You may not have, or need, to use all the equipment indicated – just use everyday things you have handy instead such as a pair of socks for a beanbag and so on.



## FAMILY SCORE CARD

NAME	LONG JUMP (METRE)		TRIPLE JUMP (METRE)		SPEED BOUNCE (BOUNCES)		SPRINT (SECS)		LONG DISTANCE (SECS)		OBSTACLE (SECS)		EGG & SPOON (SECS)		TARGET THROW (M)	
	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB

Continued

NAME	DISTANCE THROW (M)		THROW CLAP CATCH (CLAPS)		ROLL A BALL (SECS)		KICK A BALL (Dribble) (SECS)		BOUNCING A BALL (Dribble) (SECS)		SKIPPING (SECS)		TOTAL NUMBER OF PB's
	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	1 <sup>st</sup> TRY	PB	

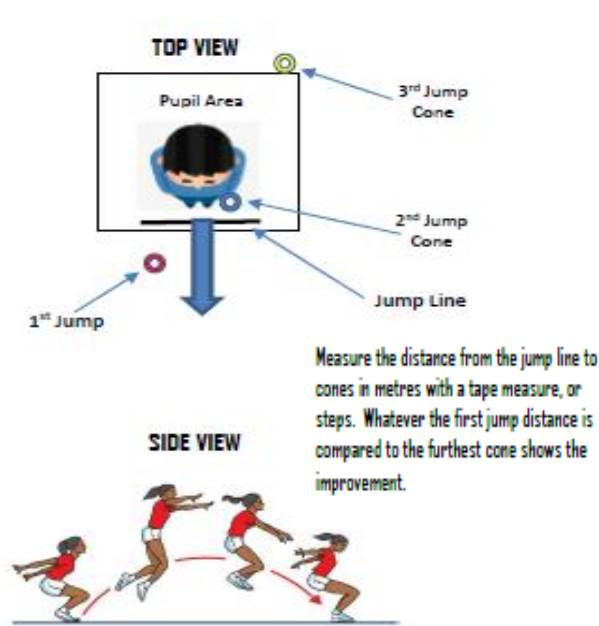
### SCORING

1. Write down the names of all the players taking part at home, in both tables.
2. Choose the events you would like to have a go at.
3. After completing each event, write down your first successful attempt score in the **1<sup>st</sup> Try** column of the relevant event.
4. Try to beat your 1<sup>st</sup> Try and write down your Personal Best score in the **PB** column of the relevant event.
5. Add up the number of PB's you manage to do and write this in the final column. The player with the most PB's wins.

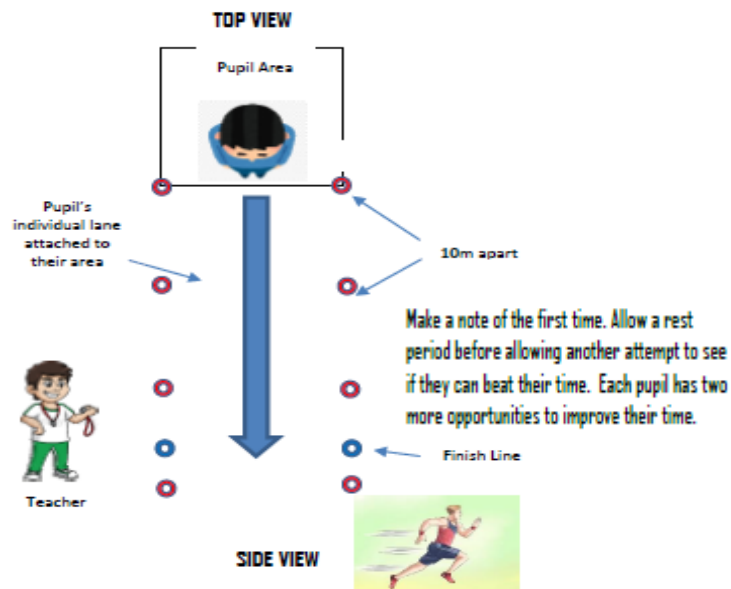


SPAR LANCASHIRE  
SCHOOL GAMES PB  
SPORTS DAY

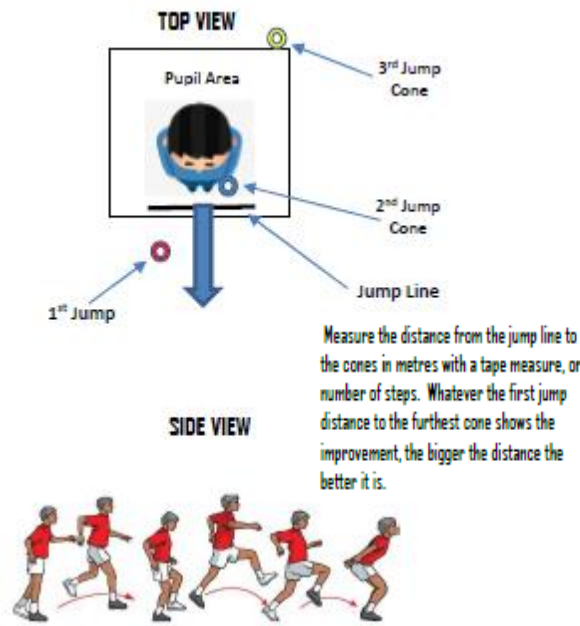




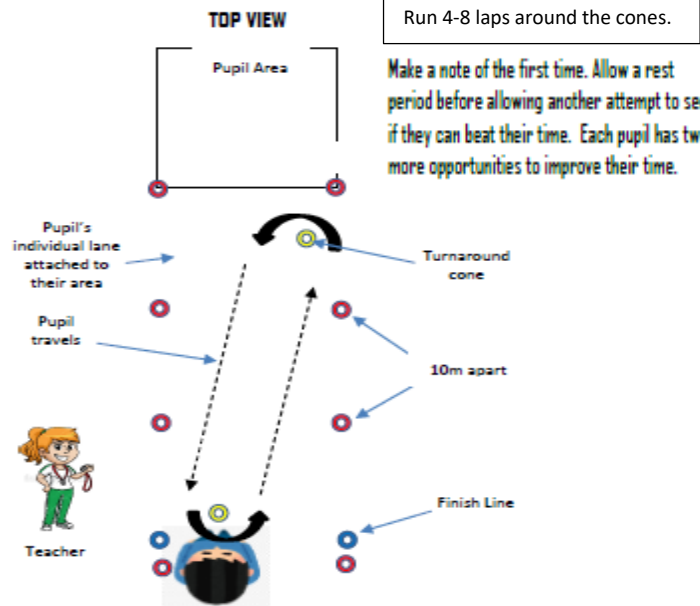
### STANDING LONG JUMP



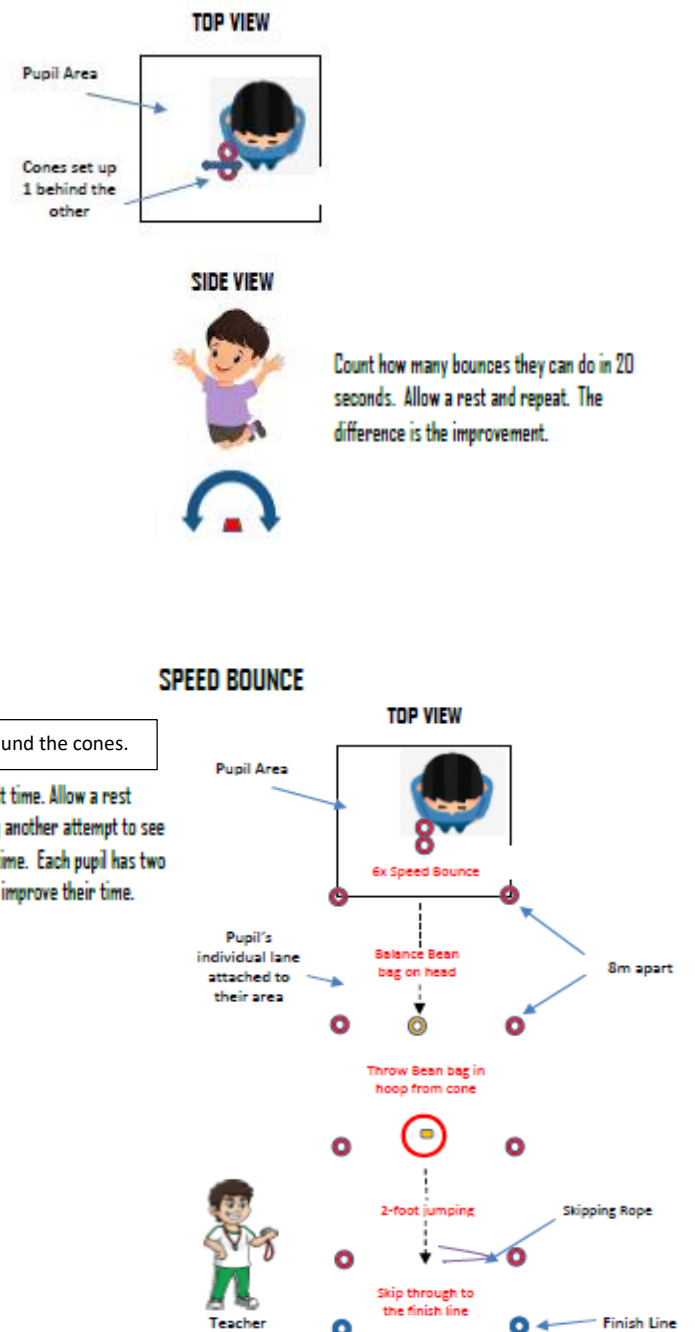
### SPRINT



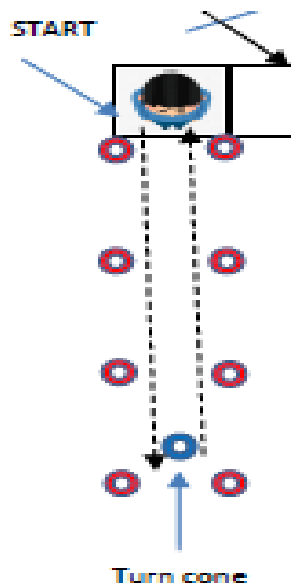
### STANDING TRIPLE JUMP



### LONG DISTANCE

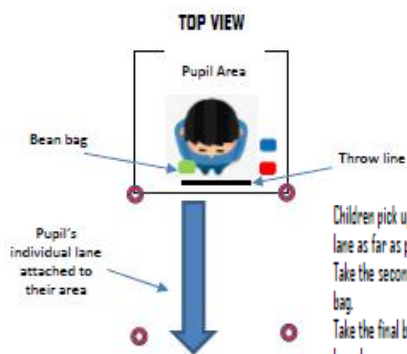


### OBSTACLE



Children run as fast as they can staying in their lane, around their turn cone and back to their area. When they reach their own area the next person goes and completes their lap. The last runner completes their lap AND runs back down their lane to finish line.

## RELAY RUN



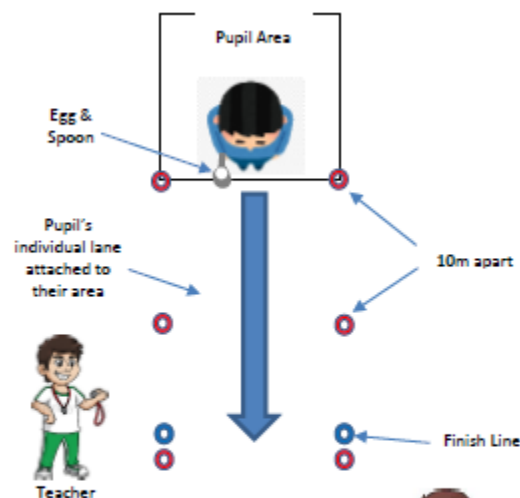
Children pick up their first bean bag (green) and throw it out into their lane as far as possible. Take the second bean bag (red) and try to throw it past the first bean bag. Take the final bean bag (blue) and try to throw it past your furthest bean bag.

## DISTANCE THROW

SIDE VIEW



TOP VIEW



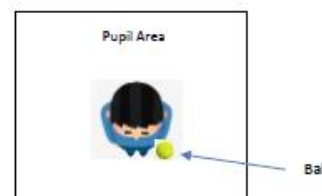
Try to balance the egg, if it falls off, just pick it up and place it back on. The egg must be on the spoon when pupils cross the finish line.

## EGG & SPOON

SIDE VIEW



TOP VIEW



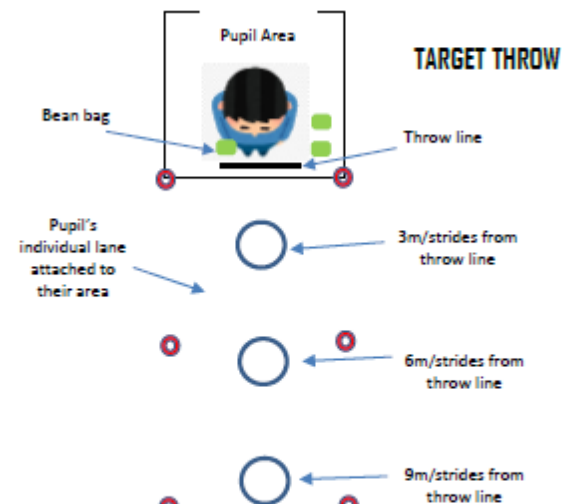
Count how many claps they have scored. Whatever the number of claps on the first successful go is the baseline score. Allow two more opportunities to beat that score. If they beat the baseline score they have improved, the bigger the number of claps is their PB score.

SIDE VIEW



## THROW, CLAP, CATCH

TOP VIEW



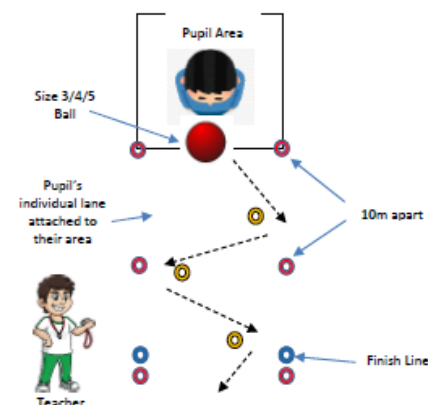
## TARGET THROW

SIDE VIEW



Children must roll their ball AROUND the 3 cones in their lane and get over the finish line as quickly as possible.

TOP VIEW

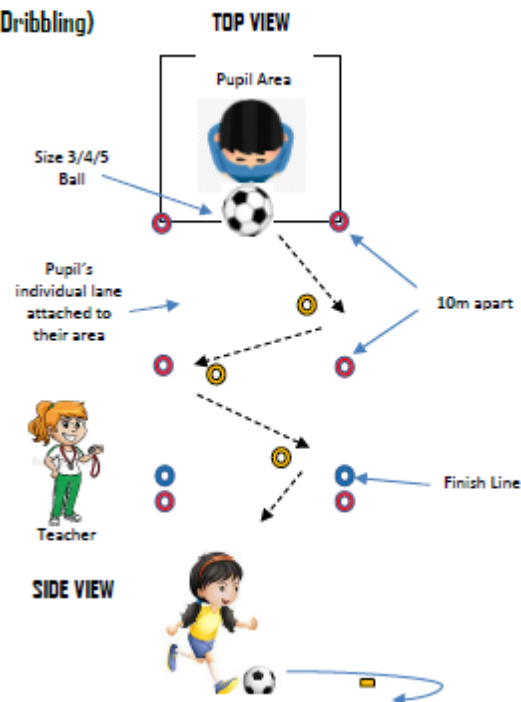


SIDE VIEW



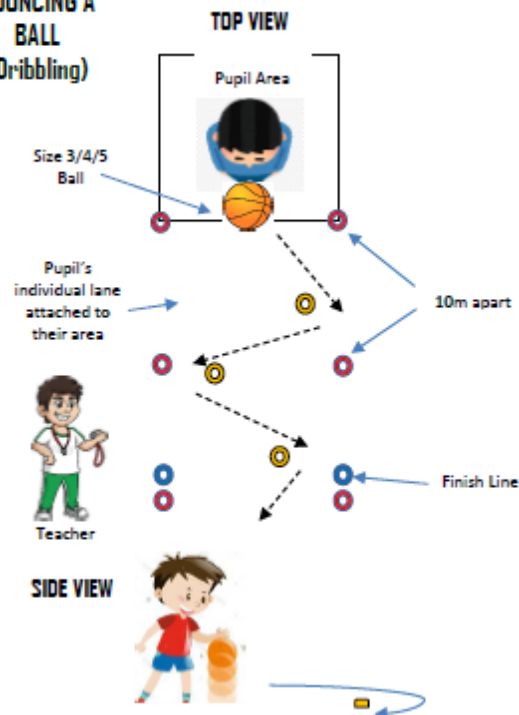
## ROLLING A BALL

### KICKING A BALL (Dribbling)



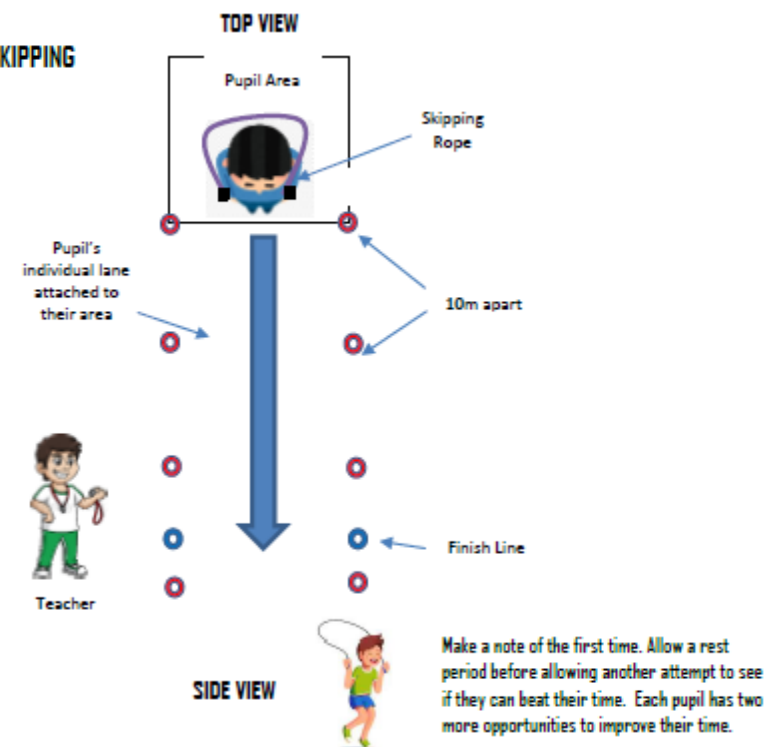
Children must dribble their ball **AROUND** the 3 cones in their lane and get over the finish line as quickly as possible.

### BOUNCING A BALL (Dribbling)



Children must dribble their ball **AROUND** the 3 cones in their lane and get over the finish line as quickly as possible.

### SKIPPING



Have a fun day and do send in photos of your home Sports Day to add to our school website. We would love to see you all being active and taking part in Lancashire's **Biggest Ever** School Sports Day!

Don't forget to print out your certificate on the next page.







# Congratulations

for participating in the  
SPAR Lancashire School Games PB Sports Day 2020  
Tuesday 30<sup>th</sup> June 2020

