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Kineton High School

VIRTUAL SPORTS DAY!



Monday 29th June – Friday 3rd July 2020



Welcome to the Virtual Sports Day!



- The PE department have put together a Virtual Sports Day for teachers and students to take part in at home!
- Like any other sports day, you will be competing against all the other houses to see who will be crowned winners of Kineton High School Sports Day 2020!
- There are 10 challenges for you to take part in. Each slide will show a different challenge that will require little or no equipment. All are really easy so everyone can take part!
- If you only want to take part in some challenges and not all then that is fine but just remember more challenges = more points!
- Once you have completed each challenge ensure to record your score somewhere (paper, phone, computer). Once you have completed all 10 challenges simply click the link on the final slide, fill out the information, enter your name, form and score for each challenge. If for any reason this does not work, please email your PE teacher with your: Name, Form, and Scores.
- The PE department will be keeping track of scores and updating places on a daily basis, so go and follow us!



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Welcome to the Virtual Sports Day!



- You have the whole week to complete 10 challenges and upload your scores. There is no time limit for when you need to complete each challenge as long as they are all done and submitted by Friday 3rd July 3pm.
- We advise that you complete all the challenges first and then upload your scores at the end.
- We will show videos on our Twitter account (@khs_pe) showing how to do each challenge if you are unsure and will also post photos of other staff completing the challenges so make sure you have a look!
 - Why not take some photos/videos of you taking part in challenges and tag us on twitter.



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- We will also be awarding house points and certificates for the best scores and effort shown.
- Results will then be shared on the Kineton High School PE Twitter account and on the school website at the end of the week.



GOOD LUCK AND MAY THE BEST HOUSE WIN!!



Before you take part....

It is really important you do the following before you take part:

- A warm up – You have all been taught the importance of warming up in PE.
Make sure it includes a pulse raiser and stretches to warm your joints and muscles!



- Check the environment around you

Do you have enough space? Do you need to clear some things away to make the space safer? Are there any wires/objects you could trip over?

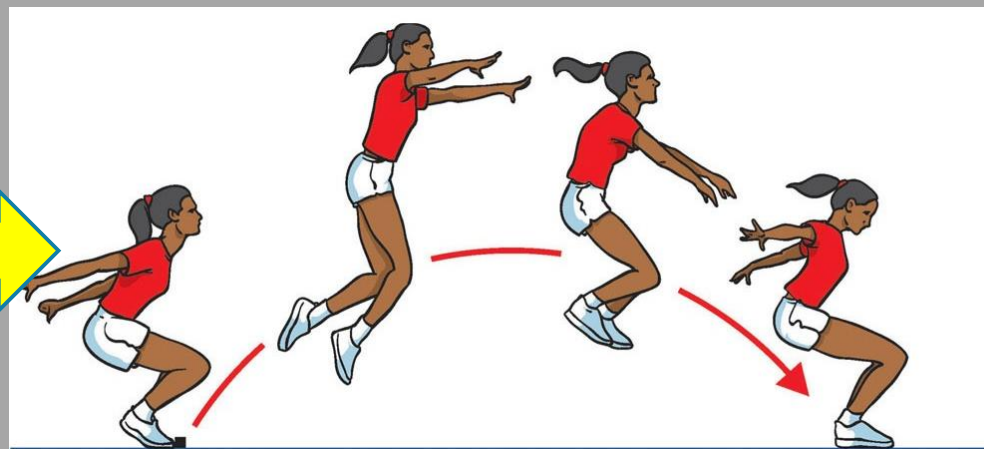
- Make sure you are wearing sensible footwear - We advise you wear trainers to protect your feet and give you the most grip!

Challenge 1 – Standing long jump

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. You have three attempts to see how far you can perform a **STANDING** long jump then upload your best score.

TECHNIQUE

1. Stand with both feet shoulder width apart, parallel to the start line.
2. Squat deeply and swing your arms backwards.
3. Jump from 2 feet and land on 2 feet.
4. Measure from behind your heel or body part nearest the line.



Measure in cm
E.g. 1.56m = 156cm
Record 156 on the results page

Challenge 2 – Standing shot put

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. Make your shot put – this could be a tennis ball or ball made out of socks.
4. You have three attempts to see how far you can throw your shot put and then upload your best score.

TECHNIQUE

1. Stand sideways on
2. Chin, knee and toe all in line
3. Pushing action not a throwing action
4. Transfer body weight from back to front
5. Measure from where the shot put FIRST lands.



Measure in m
E.g. 450cm = 4.5m
Record 4.5 on the results page

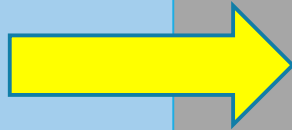


Challenge 3 – 1 minute keepy uppy's

1. For this challenge you are going to need a ball – you could use a football, balloon, ball made out of socks or a toilet roll.
2. Using a stopwatch/phone, time how many keepy uppy's you can do in 1 minute.
3. If you drop the ball, pick it up and carry on from where you left off until the time runs out.

TECHNIQUE

1. Kick the ball using your laces
2. Keep your eye on the ball
3. Maintain an upright posture



Challenge 4 – Standing stalk balance

1. Create the Stork Stand balance position shown below
2. Time how long you can maintain this position until you become imbalanced and fall over
3. Whatever time you get to, will be your score.

TECHNIQUE

1. Stand with hands on hips
2. Place the sole of one foot against the side of the kneecap on the other leg
3. Look straight ahead and focus on one point



Record and upload results in seconds not minutes.
E.g. 1min 20sec would be 80.

Challenge 5 – 1 minute sit ups

1. For this challenge you need an empty floor space. You may want to cushion your back with a resistance mat or towel
2. You have 1 minute to see how many sit ups you can do.
3. PLEASE NOTE: This is a sit up challenge and NOT a crunch challenge so you need to come all the way up to your knees!

TECHNIQUE



1. Lie on the floor with your knees bent and feet firmly on the ground.
2. Cross your arms or put your hands to the side of your head
3. Keep your core tight and come up all the way to your knees

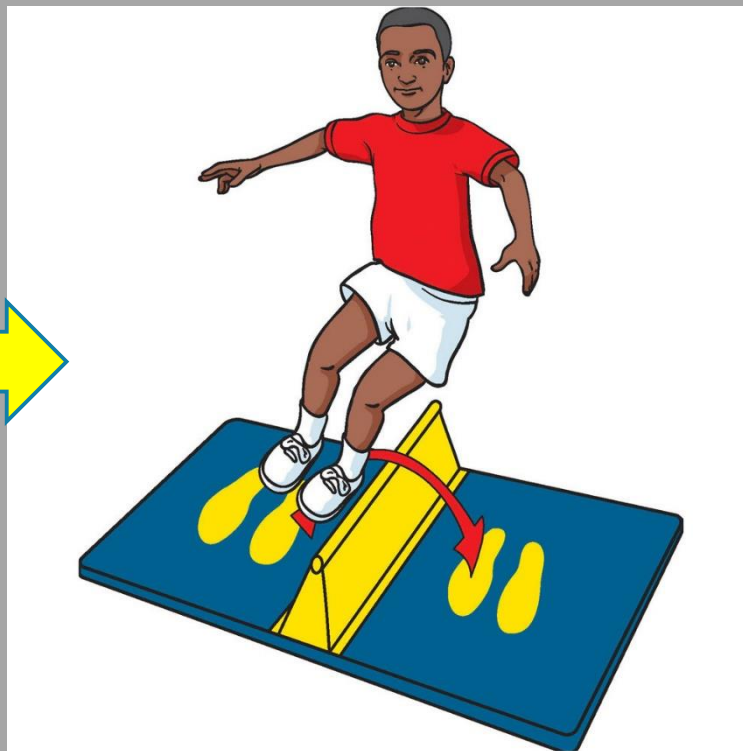


Challenge 6 – Speed bounce

1. Create a speed bounce – this needs to be something you can jump over.
2. You could use a rolled up towel, a pillow or line of toilet rolls.
3. Time how many times you can jump over your object in 1 minute.
4. Each jump over the object counts as 1.

TECHNIQUE

1. It is a two footed jump – 2 feet to 2 feet
2. Bring feet as high as possible
3. Look at your feet for guidance
4. Must jump over the object and try not to touch it

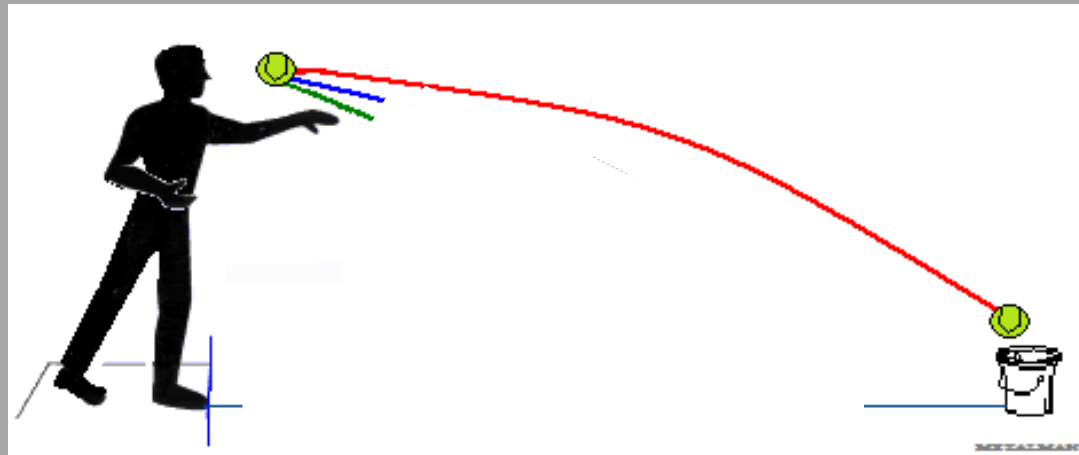


Challenge 7 – 4m ball throw

1. For this challenge you need a tape measure to measure out 4m.
2. Create a start line at one end, measure out 4m then place a bucket, washing basket or washing up bowl at the end.
3. Your challenge is to stand at the start line and see how many times out of 10 you can throw a ball and land it in your bucket. Your ball could be a tennis ball, soft ball or a ball made out of socks. Your score will be recorded out of 10.

TECHNIQUE

1. Have your eye on the target
2. Could use your non throwing arm to aim at the target
3. Opposite leg forward to the throwing arm

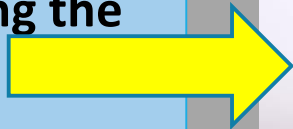


Challenge 8 – Plank challenge

1. For this challenge you need an empty floor space. You may want to cushion your elbows with a resistance mat, towel or item of clothing.
2. Adopt the plank position shown below.
3. Using a stop watch/phone time how long you can hold this position for. Whatever time you can get to before stopping will be your score.

TECHNIQUE

1. Elbows and hands touching the floor
2. Body needs to stay in a straight line. Hips must not be too low, bum must not be too high
3. Tight core



Record and upload results in seconds not minutes.
E.g. 1min 20sec would be 80.

Challenge 9 – Tennis ball bounce

1. For this challenge you need a tennis racket and a tennis ball. If you don't have either of these a frying pan and a ball made out of socks will work just as well!
2. Your challenge is to see how many times you can bounce the ball on the racket in 1 minute.
3. Every time it hits the racket it counts as one.

TECHNIQUE



1. Keep your eyes on the ball
2. Keep the ball in the middle of the racket.
3. Don't bounce the ball too high or too low

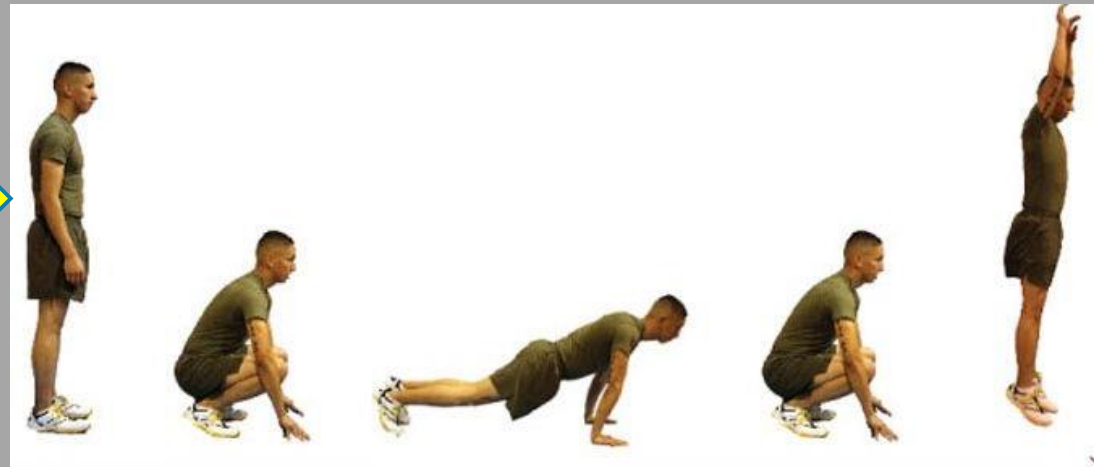


Challenge 10 – Burpee

1. For this challenge you need an empty floor space and a positive mind set as this challenge is a killer!
2. Your challenge is to see how many burpees you can do in 1 minute.
3. You must do a complete burpee (shown below) for it to count as 1. No cheating!

TECHNIQUE

1. Start standing up
2. Jump down to the floor in a tuck position
3. Kick your legs out into a press up position
4. Bring your legs back into a tuck position
5. Jump up and start again



Click here to upload your results!!!

Link.....

https://forms.office.com/Pages/ResponsePage.aspx?id=qtBL2oLbPEC95m4Y7XwBdqNF_uJucihDt_fXA_CbZp9URUZWUkUyUjZWOUxaMIEoRDZNNkVZUFAzVC4u

Make sure you fill in every question including name and form to ensure we are able to workout the result as efficiently as possible.

If for any reason this does not work, please email your PE teacher with your Name, Form, and Scores.

