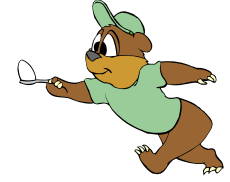


Virtual Sports Day



"Never Giving Up, Always Aiming High, Broomhill gives us the Freedom to Fly! Onwards and Upwards, Striving for Success; We can Work Together, and Always Do our Best!"

This year, we are unable to come together for our Annual Sports Day Extravaganza but I'm sure that won't stop our Brilliant Broomhillers joining in with our Sports Day activities albeit at home.

We're planning to hold our Sports Day on the **9th of June**, as originally planned and will set activities which can be completed at home, in the garden, or inside if you can't access space outside at the moment. All we ask is that you count the number of times you complete each activity and ask an adult to check this, then upload your house points on the Google Form. (link at the end of this document)

To help motivate you, the Broomhill Staff have shared how they are preparing for Sports Day! Looks like they're taking things very seriously and they too will be submitting points for their House Team.

[Broomhill Warms Up!](#)

I'm sure you can do better than that!

There are 12 activities to work through as and when you can on Sports Day, or if it rains, you can do it the next day! Just make sure you upload your points before Friday morning (12th June).

The activities can be adapted for younger pupils, and our Nursery Pupils are included in this year's event too.

You'll find all of the activities on the next page. You won't need much in the way of equipment and you can adapt the activities and use things you have available at home. There's also a link to a demonstration video too: <https://vimeo.com/422796888>

You have a minute to complete each activity and then you should record your score. (You might want to write them down on a piece of paper first and then upload them on the Google Form with an adult later.) Younger pupils can reduce the time to 30 seconds if that's easier.

Remember to get into the team spirit and support your House Team, try your best and have fun! You may want to dress in your House Colours too!

Crathes

Craigievar

Drum

Fraser



You can upload any photos or video clips to the Sports Day Google Classroom - here's the code to join the class: [diinrgh](#) (one photograph and video per child please)



Why not share a photograph in the Google Classroom of you dressed in your house colours and ready to go!

Come on
Craigievar!

Go for it Drum!

You can do it
Fraser!

Go Crathes!

The activities are described below, you can do these in any order and remember to take a break and have some water when you need to. We've included a video to help you too!

<https://vimeo.com/422796888>

EACH ACTIVITY SHOULD BE TIMED FOR 1 MINUTE

<p>Shuttle Run Mark a distance of approximately 5m (or 5 big strides), mark the distance using a jumper, a flower pot or anything you have available. (Tins of beans work well!) Run between the markers as many times as you can in 1 minute, touching the marker each time. Remember to record your score!</p>	<p>Egg and Spoon You'll need a tablespoon and a potato, or piece of fruit would do! Using the same marked distance as you used for Shuttle Run you're going to move as many times as you can between the two markers, balancing your potato on the spoon. You don't lose any points for dropping the potato!</p>	<p>Pots and Socks You'll need a pot, a pan or a flowerpot would do, and a pair of rolled up socks. Mark a distance of 2m (or 2 big strides) and stand behind your mark. Throw your socks into the pot as many times as you can within a minute. You get a point for each time your socks land in the pot!</p>	<p>Speedy Feet (Agility Jumps) For this activity you'll need to mark a line to jump over. This could be a scarf, a stick. You're going to jump sideways back and forth over the marker as many times as you can within a minute. You can earn a point for each jump.</p>
<p>Keepy Up You can do your keepy ups with a bat and a ball, a tennis racket and ball, a football, or a piece of cardboard and a pair of rolled up socks. How many times can you keepy up in a minute? Remember to record your score!</p>	<p>Around the World Back to the rolled-up socks again if you can't find a small ball (tennis ball size). Pass the ball from one hand to the other around your body. Earn a point for each time the ball/socks comes back to your tummy!</p>	<p>Wall Ball Mark a distance of 2m away from the wall and stand behind your mark. You're going to throw and catch a ball against the wall as many times as you can in a minute. You don't lose points for dropping!</p>	<p>Star Jumps How many star jumps can you complete in 1 minute? Remember to record your score!</p>
<p>Squat Thrusts Make a line or use a marker on the ground. Put both hands on the ground and bring your feet up to meet your hands and back across the line as many times as you can in 1 minute. (watch the video for this one)</p>	<p>Throw and Catch Throw and catch a tennis ball or a sock ball in the air as many times as you can in 1 minute.</p>	<p>Tea Towel Hurdles Place 3 tea towels on the floor (laid flat) with a small space in between. How many times can you jump over the tea towels and run back, in 1 minute.</p>	<p>"Loo Roll" Sack Race Place a toilet roll between your knees and jump on your shuttle run course. (5m) How many times can you complete the course in 1 minute?</p>



Once you have completed your activities, you can add your scores to the Google Form here: <https://forms.gle/9zQcr1GFxgSo1EHfA>

