













This year's Sports Day will have a slightly different feel, as it is the first "Virtual Sports Day" in Gneeveguilla National School's history. Below we have put together a table of events we would like you to participate in. You are welcome to complete these events individually or compete against other family members. It is up to you if you want to complete this in a day or over the space of the week. We would love to see as many photographs as possible of everyone participating in these events.







<u>Event</u>	<u>Description</u>	<u>Score/Time</u>
Spoon and Spud 	<p>You will need a spoon and a spud for this event. Simply hold your spoon with your spud on it with one hand and keep your other hand behind your back. Ask a family member to record how long you can run around your garden with your spud on the spoon before the spud falls off.</p>	
Sprint 	<p>For this event you should ask a family member to mark out an approximate distance for you to sprint. The distance could be 10/20/30 metres etc. Whatever you feel comfortable running and space will allow. Your family member will then time how long it takes you to complete the sprint.</p>	
Sack/ Pillowcase Race 	<p>For this event you will need a large sack, or pillowcase. As in the previous event, time how long it takes to hop the distance you marked out for your sprint in your sack/pillowcase (the timer should not be stopped if you fall).</p>	
Long Jump 	<p>For this event we advise you to mark out a runway of approximately 3 metres. At the end of this runway you need to mark out a point at which you must jump. When you reach the end of the runway you must jump as far as you can. An adult will then need to measure how far you have jumped.</p>	
Shot Spud 	<p>For this event you will use the same spud from your Spud & Spoon challenge. You must stand stationary at a point (outside!) and throw your spud as far as you possibly can. An adult will measure from where you stand to where the spud lands. You can take 3 attempts to get it as far as you can.</p>	

<u>Event</u>	<u>Description</u>	<u>Score/Time</u>
<p>Precision Throwing</p> 	<p>For this event you will need a hula-hoop or a box, or alternatively you could mark out a target area with a piece of string. The objective is to sit or stand stationery at a marked point and throw an object (which could be the spud from previous events) so that it lands inside the hoop/box/string. Challenge yourself by moving the target further away from you!</p>	
<p>Poc Fada</p> 	<p>For this event, competitors must puck a sliotar with a hurley. The objective is to hit the sliotar as far as you can (or if space is limited you could aim to hit for a target area). This could be adapted to suit a tennis racket and a ball also.</p>	
<p>Book Balancing</p> 	<p>For this event you will need some books. The objective is to see how far you can walk without the books falling off your head. Or see how long you can stand on one leg without the book or books falling off. No hands allowed!</p>	
<p>Throw & Clap</p> 	<p>See how many times you can clap your hands between throwing a ball in the air and catching it again. You could use a pair of socks if you don't have a ball.</p>	
<p>Washing Line Challenge</p> 	<p>See how quickly you can peg 5 items on the washing line. Every item as to have at least 1 peg.</p>	

These pages can be printed for recording your scores in the "Score/Time" column, however, it is not essential to do so. Alternatively, you can record your scores on a scrap piece of paper or on an electronic device. If you wish you can send your scores/times and photographs/videos to your class teacher.

Here are a list of other games you may wish to complete.

Please click on the images which will redirect you to a video explaining the game in further detail.

<u>Game</u>	<u>Description</u>
<p>Traffic Lights (Suitable for younger children)</p> 	<p>On a signal, children move around the playing area in response to the following commands. Turn it into a game of moving statues to develop.</p> <p>Red: stop/Amber: walk/Green: run</p>
<p>Rock Paper Scissors Tag</p> 	<p>Standing one metre apart and facing each other and begin by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, count to three and form a rock, paper, or scissors. The winner then chases their partner toward their safety line, attempting to tag them before they are safe.</p>
<p>Kick to Score</p> 	<p>Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Pupils are given a score to achieve, e.g. ten. You must hit the targets on the wall to achieve that score. You could change the size of the target or the distance from the target to make the game easier/harder. Pupils could try to score a penalty on Mom, Dad or a big brother or sister.</p>
<p>Open Air Twister</p> 	<p>Everyone's favourite physical board game brought to the outdoors. There are a number of phone & tablet applications to embellish the pupils' experience that will replace the twister clock (please see screenshot on the right). You could use paper plates or coloured chalk to create the markers.</p> 
<p>Obstacle Course</p> 	<p>Invite pupils to set up and run their own obstacle course. Use any equipment available - household or otherwise. Invite pupils to do the obstacle course, time themselves and try to beat their original time.</p>