



# Shipston High Virtual Sports Day

Monday 22<sup>nd</sup> June – Monday 6<sup>th</sup> July

# Virtual Sports Day

- Welcome to the 2019/20 Sports Day! This year's sports day is going to be a little bit different. Due to the current situation we find ourselves in we are going to do a Virtual Sports Day!
- You are competing for your house, feel free to wear the same colours and send us in some pictures.
- **Badger**, **Hart**, **Sheldon**, **Mayo**
- You will need to keep track of your scores and then fill out the form of scores by the end of the two weeks 6/7/20.



# Scoring:

- 5 Points – per entry (this is for each activity you do)
- Bonus 50 Points – if you complete all 11 challenges
  
- 1<sup>st</sup> place for each boy and girl in each Year – 50 Points
- 2<sup>nd</sup> place for each boy and girl in each year – 30 Points
- 3<sup>rd</sup> place for each boy and girl in each year – 15 points
  
- Best Individual effort per event – 15 points



# Event 1 - Standing Vertical Jump

- The athlete chucks the end of his/her fingertips
- The athlete stands side onto the wall, keeping both feet remaining on the ground, reaches up as high as possible with one hand and marks the wall with the tips of the fingers
- The athlete from a static position jumps as high as possible and marks the wall with the chalk on his fingers
- The assistant measures and records the distance between the two marks.
- The athlete repeats the test 3 times
- The assistant calculates the average of the recorded distances and uses this value to assess the athlete's performance



# Event 2 – Standing Long Jump

- The athlete [warms up](#) for 10 minutes
- The athlete places their feet up to the line, crouches down and using the arms and legs jumps horizontally as far as possible landing with both feet on the floor.
- The assistant measures and records the distance from the line to the back heel of the closest foot to the line.
- The athlete repeats the test 3 times
- The assistant uses the longest recorded distance to assess the athlete's leg strength



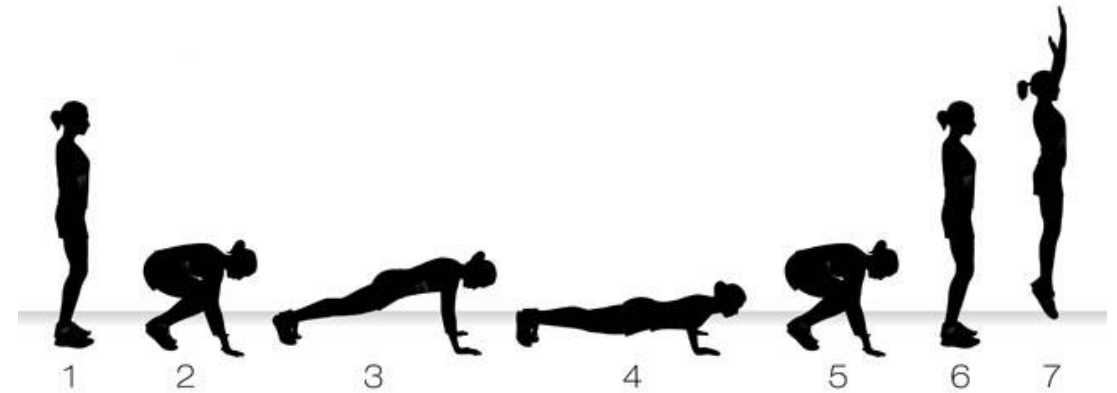
# Event 3 - Sit ups

- The athlete [warms up](#) for 10 minutes
- The athlete lies on the mat with the knees bent, feet flat on the floor and their hands on their ears where they must stay throughout the test
- The assistant holds the athlete's feet on the ground
- The assistant gives the command "GO" and starts the stopwatch
- The athlete sits up touching the knees with their elbows, then returns to the floor and continues to perform as many sit-ups as possible in 60 seconds
- The assistant keeps the athlete informed of the time remaining
- The assistant counts and records the number of correct sit-ups completed in the 60 seconds and uses this recorded value to assess the athlete's performance



# Event 4 - Burpees

- The athlete warms up for 10 minutes
- The assistant gives the command “GO”, starts the stopwatch, and the athlete commences the test
- The assistant counts the number of correctly performed Burpees
- The assistant keeps the athlete informed of the remaining time
- The assistant stops the test after 60 seconds and records the number of correctly performed Burpees



# Event 5 – Keepy Uppies

- The athlete performs as many Keepy Uppies with a football as possible in 60 seconds.





# Event 6 – Press ups

- The athlete [warms up](#) for 10 minutes
- The athlete lies on the ground, places their hands by the shoulders and straightens the arms.
- The athlete lowers the body until the elbows reach 90° and then extends the arms to return to the start position
- The athlete performs this press-up action for 30 seconds
- The assistant counts and records the number of correctly completed press-ups



# Event 7 – Wall Sit

- Lean back against the **wall** with your torso, with your feet shoulder-width apart. Then press back and slide down the **wall** until your thighs are parallel with the ground. Your knees should be above your ankles and bent at right-angles. Keep your head, shoulders and upper back against the **wall** and hold the position for as long as possible, record your time.



# Event 8 – Tennis Ball test

- The athlete warms up for 10 minutes
- The athlete stands two metres away from a smooth wall
- The assistant gives the command "GO" and starts the stopwatch
- The athlete throws a tennis ball with their right hand against the wall and catches it with the left hand, throws the ball with the left hand and catches it with the right hand. This cycle of throwing and catching is repeated for 30 seconds
- The assistant counts the number of catches and stops the test after 30 seconds
- The assistant records the number of catches

## Wall Throw Test

Test For = Co-ordination

### Procedure:

- A mark is placed a certain distance from the wall (e.g. 2m).
- The person stands behind the line and facing the wall.
- The ball is thrown from one hand in an underarm action against the wall, and attempted to be caught with the opposite hand.
- The ball is then thrown back against the wall and caught with the initial hand.
- The test can continue for a nominated number of attempts or for a set time period (e.g. 30 seconds).



	Poor	Fair	Average	Good	Excellent
Out	< 10	10 - 15	15 - 20	20 - 25	> 25

What factors must you consider to increase the Validity and Reliability?

### Equipment:

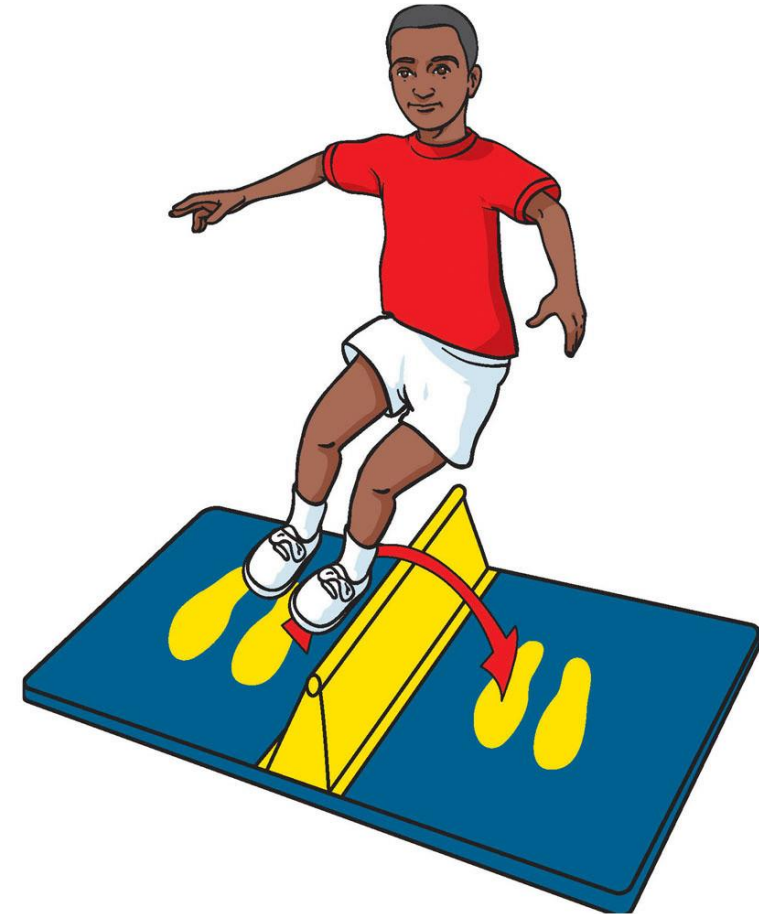
- Tennis ball
- Stopwatch
- Tape

### Recording Results:

- In pairs.
- Partner starts the timer.
- Athlete throws the ball between hands.
- Count how many in 30 seconds.

# Event 9 – Speed Bounce

- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet.
- The athlete should cross the wedge as many times as possible in 30 seconds.
- The number of correct bounces is recorded. It is not an offence to clip or brush the wedge.



# Results:

- To Submit your scores please click on the link below
- Student Results:
- <https://forms.office.com/Pages/ResponsePage.aspx?id=mJSeBNmFb0WiGzrLVSyNPxjTRmyyRHlKkXssxzVQm-tUNE9ISINMQ0EzSVJIRzZaUDM1MVpUSFc0My4u>
- You have until Monday 6<sup>th</sup> July to Submit your scores.
- Please be completely honest with your replies.