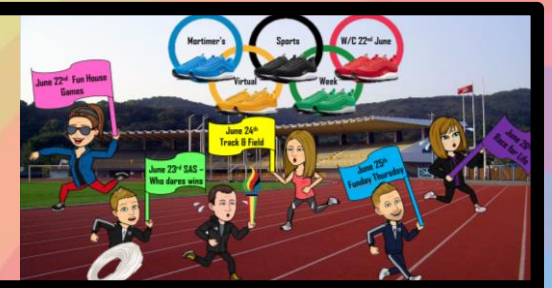




# Virtual Sports Week



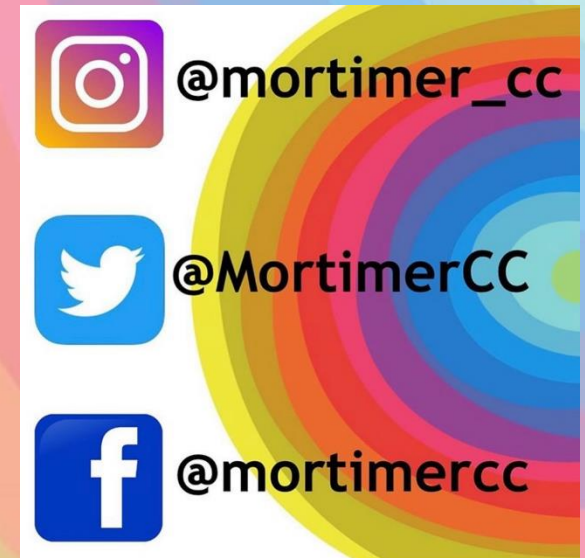
Hello Year 6,

Next week would normally be our Mortimer Sports Week. Things are a little different this year, so we are introducing our first Virtual Sports Week (22<sup>nd</sup> to 26<sup>th</sup> June 2020) and we are sending an invitation for you to join in. We would love you and your family to take part in some home sports fun. See the information attached for details of how to get involved. There are certificates and prizes to be won throughout the week, so get your entries in every day. Staff will be joining in and we hope you will join in with them.

Take care, stay safe and join in the games!

From Miss Hunter (Transition Manager) and the Mortimer PE Department

**Please Note: More information and demonstrations will be shared on our social media from Monday 22<sup>nd</sup> June. Please remember that if you are under 13 you should not be following Mortimer on social media.**



ARE YOU READY?  
Mortimer



# Virtual Sports Week



## Description of Week

- Every day there are **four** challenges. Each challenge is described on a challenge card and a demonstration will be posted on Mortimer social media. There will also be a daily bonus challenge.
- Choose as many of the challenges as you like per day to complete.
- Video the challenge or take photographs of you completing the challenge. Send your entries by 3pm to:  
[pe@mortimercommunitycollege.co.uk](mailto:pe@mortimercommunitycollege.co.uk) - ***When sending in your challenges please put your name, year 6 and your primary school name on the subject line.***
- 1 point will be awarded for every challenge completed or 2 points for two people or more completing the challenge in the household.

***Please help us raise as much money as we can by getting friends and family to sponsor you throughout our virtual sports week and for completing your race for life! Share this link:***

***<https://fundraise.cancerresearchuk.org/page/mortimer-community-college-2>***

**Most importantly have fun and lets get active!**

## Challenges for the Week:

**Monday - Funday Sports** - 1) Toilet Roll Keepy Ups

- 2) Thread the Ring
- 3) Spock Challenge
- 4) Spaghetti Step Challenge

**Bonus - Track Stand Balance**

**Tuesday - SAS (Who Dares Wins)** - 1) Press Up Plank

- 2) Enduro Bean Challenge
- 3) Burpee Challenge
- 4) Toilet Tower V-Sit

**Bonus: Plank challenge**

**Wednesday - Athletics (Track and Field)** - 1) Long Jump

- 2) High Jump
- 3) Shot Sock Put
- 4) Sprint

**Bonus - Blind Hurdle Challenge**

**Thursday - Old School Sports Day** - 1) Sock and Spoon Race

- 2) Bin Toss
- 3) Sock Juggle
- 4) Balance a Cup

**Bonus - Thread it**

***Friday - Race For Life - Can you run a mile?***



# MONDAY'S CHALLENGES



Please help us raise as much money as we can by getting friends and family to sponsor you throughout our virtual sports week and for completing your race for life! **Share this link:**  
<https://fundraise.cancerresearchuk.org/page/mortimer-community-college-2>



# Toilet Roll Keepy Ups

## Monday



### Description of Challenge

- 1) Kick the toilet roll with your feet, knees or head and do not let it touch the ground.
  - 2) Count how many keepy ups you have managed without the toilet roll hitting the ground.
- Challenge:** To increase the difficulty, can you perform any other tricks while doing your keepy ups?

### Equipment Needed

- One full toilet roll.
- An open space.

Peter Crouch



Lionel Messi





# Thread the ring

## Monday



### Description of Challenge

- 1) Firstly, create your ring by rolling the paper and sticking the sides together. Use three pieces of paper to make it easier.
- 2) Hold the paper ring in your non-throwing hand.
- 3) Complete a Jumping Jack.
- 4) Throw the paper ring up just above your head and try and get your other arm through when it comes down.
- 5) Before each throw, a Jumping Jack must be completed.
- 6) Every time you get the ring to land on your arm it's 1 point.
- 7) How many points can you get in 1 minute?

### Equipment Needed

- 2/3 pieces of A4 paper.
- Sellotape.





# Spock Challenge

## Monday



### Description of Challenge

- 1) Balance a pair of socks on one of the spoons.
- 2) Throw the socks up in the air from the spoon.
- 3) Catch the socks between the two spoons.
- 4) Repeat for one minute. How many times can you catch the socks on the spoons in one minute?

### Equipment Needed

- Two dessert spoons.
- One pair of socks.





# Spaghetti Step Challenge

## Monday



### Description of Challenge

Firstly hold a piece of dry spaghetti between your index fingers.



- 1) Start the 30 second timer.
- 2) Step over the spaghetti one foot at a time without letting go or snapping the spaghetti.
- 3) Each foot that successfully steps over, counts as one point.
- 4) How many times can you step over the spaghetti in 30 seconds?
- 5) Have as many tries as you like.

### Equipment Needed

- Some dry spaghetti.
- A timer.





# Track Stand Challenge

## Monday Bonus



### Description of Challenge

- 1) Mark a point on the ground you can safely ride up to. Not on the pavement or road!
- 2) Roll up to this point and stop your bike – start the timer.
- 3) Balance in this position for as long as you can.
- 4) Stop the timer if you put a foot down, fall off or move forward.
- 5) How long can you balance for?



### Equipment Needed

- Bike.
- Timer.







# TUESDAY'S CHALLENGES



Please help us raise as much money as we can by getting friends and family to sponsor you throughout our virtual sports week and for completing your race for life! **Share this link:**  
<https://fundraise.cancerresearchuk.org/page/mortimer-community-college-2>



# Press-Up Plank Challenge

## Tuesday



### Description of Challenge

- 1) Divide the toilet rolls or tins evenly on either side of you.
- 2) Go into to your press-up position.
- 3) Using your left hand, pick up a toilet roll or tin from your right hand side.
- 4) Place the toilet roll or tin out in front of you.
- 5) Repeat the above procedure with your right hand.
- 6) Try to make the tallest tower possible while remaining in contact with the floor.

### Equipment Needed

- Toilet rolls or tins of food.



**Challenge:** Have a mini competition with people in your home. Who can stack the most toilet rolls or tins?



# Enduro Bean Challenge

## Tuesday



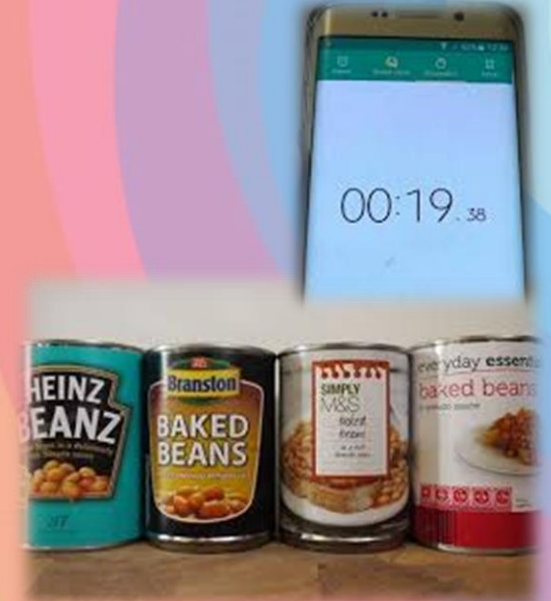
### Description of Challenge

- 1) Sit between two chairs or stools (you might need to sit on a cushion).
- 2) Place the tins on the stools.
- 3) With your arms out in a locked position, lift the beans. Now, start your timer.
- 4) The challenge ends when your arms touch the chair or you drop the beans. Stop your timer.
- 5) Have as many goes as you want.



### Equipment Needed

- Two unopened tins/cans.
- Two chairs or stools.
- A cushion.
- A timer.





# Burpee Challenge

## Tuesday

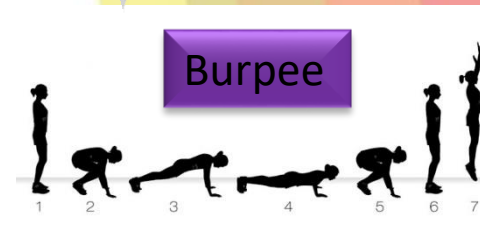


### Description of Challenge

- 1) Place one toilet roll or tin on the floor.
- 2) Perform one burpee but finish by jumping over the toilet roll or tin.
- 3) Add another toilet roll or tin to the original one.
- 4) Perform another burpee and jump over again.
- 5) Continue to add a toilet roll or tin until you are not able to jump any higher.
- 6) How many toilet rolls or tins can you jump over?

### Equipment Needed

- Toilet rolls or tins of food.





# 'V' Sit Tower Building

## Tuesday



### Description of Challenge

- 1) Find an area large enough for you to stretch out your legs side to side.
- 2) Build two towers either side of your feet with your toilet roll.
- 3) Sit in a 'V' sit position (see image), resting your hands behind you for support. Your feet must never touch the ground.
- 4) Move your legs away from your body towards the toilet roll and grasp one toilet roll between your feet.
- 5) Tuck your feet into your chest as you move back to the centre, then straighten your legs out, placing the toilet roll directly in front of you. (Feet must not touch the ground.)
- 6) Move to the opposite side and repeat the process. Collecting a toilet roll, tucking in, then placing in the middle to build a tower.
- 7) Repeat until you run out of toilet rolls or your tower falls.

### Equipment Needed

- Toilet rolls (at least 6) and an open space.





# SAS Plank Challenge

## Bonus Tuesday



### Description of Challenge

- 1) Hold a plank position for as long as you can. Remember, your body needs to be in a straight line, as seen in the pictures opposite.

### Equipment Needed

- A stop watch or timer on your phone.
- Enough space to carry out the challenge safely.





# WEDNESDAY'S CHALLENGES



Please help us raise as much money as we can by getting friends and family to sponsor you throughout our virtual sports week and for completing your race for life! **Share this link:**  
<https://fundraise.cancerresearchuk.org/page/mortimer-community-college-2>



# Standing Long Jump

## Wednesday



### Description of Challenge

The standing long jump is a two footed jump from a static (still) position. The aim is to jump as far as you can.

- 1) Find an area large enough for you to complete a jump safely.
- 2) Decide where your starting line is. Anything straight will do, so your feet can start behind it.
- 3) Bend your knees and swing your arms forward to gain forward momentum. Jump two footed.
- 4) Land on two feet.
- 5) Mark behind your foot with something like a small ruler.
- 6) Lastly, measure from where you jumped to the back of your foot where you landed.

### Equipment Needed

- Something to mark how far you jumped - e.g. a small ruler.



- A tape measure to measure how far you jumped.







# High Jump

## Wednesday



### Description of Challenge

- 1) Crouch down next to a wall so that your heels are touching your bottom (see image opposite).
- 2) Jump up as high as possible, touching the wall at your highest point with your hands.
- 3) Land back in the same position that you started in.
- 4) Repeat as many times as possible for one minute and record your score.

### Equipment Needed

- A wall.





# Flying Shot Sock

## Wednesday



### Description of Challenge

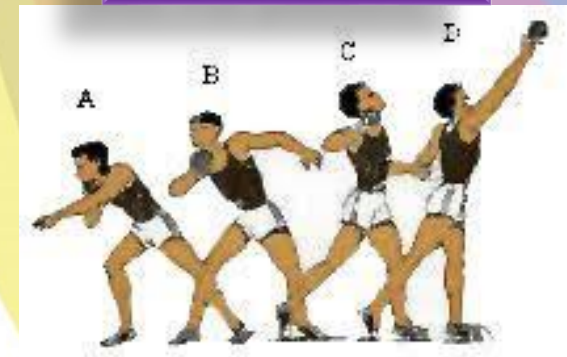
- 1) Stand with the socks in your throwing hand and take a step back on that side.
- 2) Get into a shot put starting position (see image opposite) with your head, knees and toes in line. Place the socks in your neck with a high elbow.
- 3) Transfer weight across from your back leg to your front leg and push the shot through in a straight line and release. (Do not bend your elbow.)
- 4) Walk one foot in front of the other like a tightrope and count the number of feet.
- 5) Have three attempts and take the best score.

### Equipment Needed

- A pair of socks.



Shot Put positons





# Virtual Athletics - 30m Sprint

## Wednesday

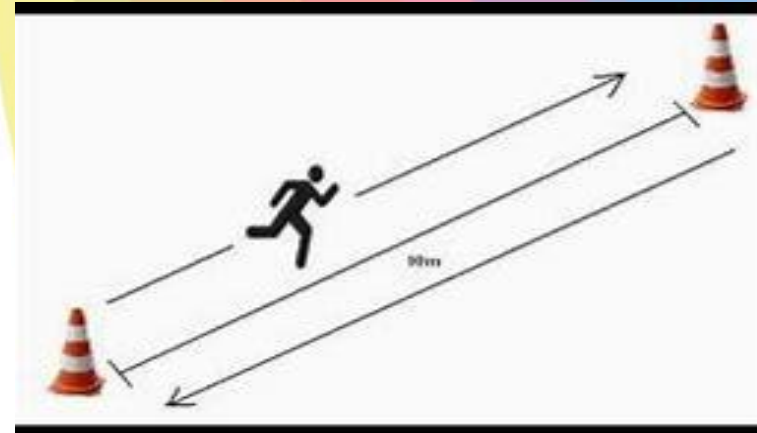


### Description of Challenge

- 1) Measure out a 30m distance and mark the start and finish with a pair of socks or anything available to mark the distance.
- 2) To measure 30m, you should take 30 large strides, as one metre is approximately one stride.
- 3) Make sure you walk a further 15-20m from the start line to allow you to jog towards the start line.
- 4) You should be jogging when you approach the start line. Once you cross the start line, you can start to sprint to the finish line.
- 5) Timing should start when you cross the start line and finish when you cross the finish line.

### Equipment Needed

- Two pairs of socks or something to mark out the distance.
- Timer on your phone or stop watch.
- Helper to do the timing .





# Blind Hurdle Challenge

## Wednesday Bonus



### Description of Challenge

- 1) Place your stick or light object across your two stools or chairs.
- 2) Blindfold the person taking part, making sure they don't cheat.
- 3) Help the person who is blindfolded into position next to the stick.
- 4) Shout 'Go!' and start your 30 second timer.
- 5) Count how many times they successfully step over the stick.
- 6) If they knock the stick off, stop the timer.
- 7) How many steps over the stick did they complete?

### Equipment Needed

- A stick or thin object about 1.5m long.
- Two chairs or stools.
- Someone to help.
- A timer.





# THURSDAY'S CHALLENGES



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<https://fundraise.cancerresearchuk.org/page/mortimer-community-college-2>



# Sock and Spoon Race

## Thursday



### Description of Challenge

- 1) Pick a place for the start of your race. Take four large steps from the start and place a marker.
- 2) Stand at the start line holding the socks on the spoon.
- 3) Run/walk with the socks on your spoon to your marker and back to the start.
- 4) Repeat this as many times as possible in one minute.
- 5) If you drop the socks off the spoon, you must start again.

### Equipment Needed

- A spoon.
- One pair of socks.
- A marker.





# Aim and Throw

## Thursday

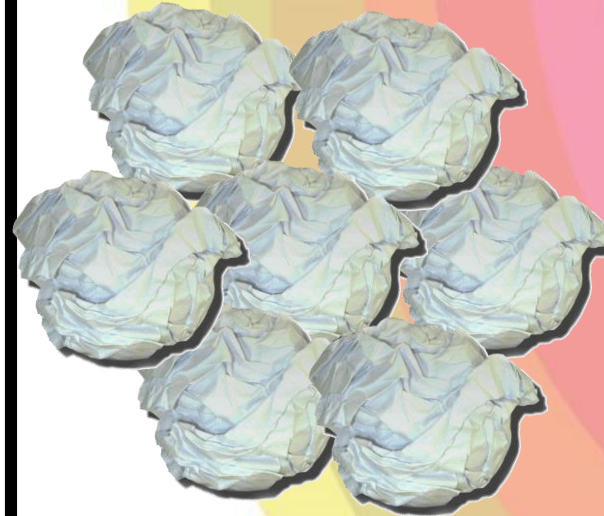


### Description of Challenge

- 1) Place a container approximately two metres away from you.
- 2) Crumple up as many paper balls as tightly as you can.
- 3) Ask someone to time you for one minute. During this time, you must aim and throw as many paper balls into the container as you can.
- 4) Once your minute is up, record how many paper balls you successfully get inside your container.

### Equipment Needed

- As much crumpled up paper as you can get (I had 30 in my video) and a container or bucket big enough for the paper to be thrown into.





# Sock Juggle – Circus skills

## Thursday



## Description of Challenge

- Juggle the socks by keeping them all in the air by doing the following steps:

**STARTING POSITION:** Make sure you are standing up, with your feet approximately shoulder width apart. Your arms should be bent at the elbow at a 90 degree angle from your body (and slightly out from the body).

**Step 1** – Practice throwing one ball from side to side in an arc that is just above head height, until you become confident. (Make sure you throw upwards and not away from your body.)

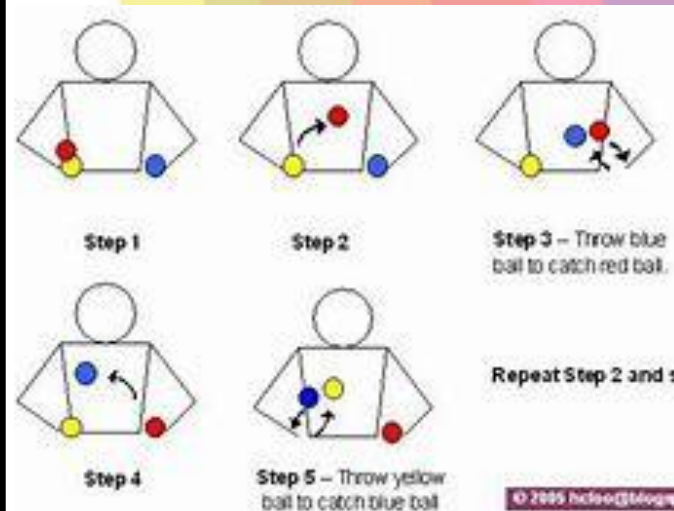
**Step 2** – Two balls should be held in your strong hand, and one ball in your weakest. You start by throwing from the stronger hand. When the first ball peaks, throw from the opposite hand. When this ball peaks, throw from your first hand, and keep going...

***Hopefully you are now juggling!***

- Count how many times you throw a sock into the air, this counts as one juggle. Keep your highest total.

## Equipment Needed

- Three pairs of socks.
- Hint: make sure the ball of socks is a tight ball so that it is easily controlled and easier to catch. Also, do not get hung up on counting how many you do at first. Practice before you start to count a total number of juggles.







# Cup on Head Balance – Circus Skills

## Thursday

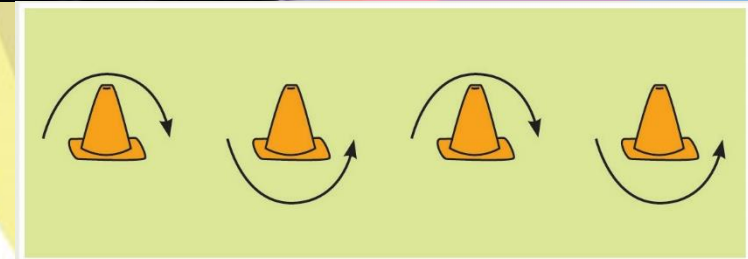


### Description of Challenge

- 1) Set out four socks in front of each other (see image of cones opposite) approximately 1m apart or one large step/stride apart, making a total of three metres.
- 2) Place the cup that is half full of water on your head and balance it.
- 3) Once you have balanced it, move in and out of the cones.
- 4) Count how far you have travelled. Remember, one sock space is approximately 1 metre.
- 5) The challenge is over when you drop the cup.

### Equipment Needed

- Four pairs of socks to use as cones.
- Plastic or other non breakable beaker/cup.





# Wall Sit Ball Bounce

## Thursday



### Description of Challenge

- 1) Stand up against the wall with your back flat against the wall.
- 2) Slide down the wall so your hips and knees are in line.
- 3) Hold your ball out in front of you.
- 4) Bounce and catch the ball as many times as possible, while holding a perfect wall sit position (see image opposite) for one minute.

### Equipment Needed

- A wall.
- A ball.

#### ANATOMY OF A PERFECT WALL SIT



# Mortimer

Race for Life

Mortimer's Virtual

Friday 26<sup>th</sup> June 2020



# Mortimer's Virtual Race for Life

## Friday 26<sup>th</sup> June 2020

On Friday, 26<sup>th</sup> June, we would like to invite all of our Mortimer students, friends and families to join us in our first 'Virtual Race for Life' and help us raise as much money as we can for this fantastic cause. This will be the closing activity for our virtual school sports week.

All you have to do is run, walk, skip or sing your way around a 1-mile route. This can be done by mapping out a route from your home, in an open outdoor space or even in your garden!

To help plan your route, you could use a number of online route planners such as: <https://www.maps.ie/map-my-route/> , <https://www.plotaroute.com/routeplanner> or <https://onthegomap.com/#/create>

Once you have completed your race, please send photographs of you completing the race to [hcooper@mortimercommunitycollege.co.uk](mailto:hcooper@mortimercommunitycollege.co.uk)

Your medals will be available for you to collect when we return to school.

To make this even more fun and creative, you could get your family involved or why not dress up or paint your face too?

We can't wait to see how creative you all can be while having fun and staying safe and active!



Mortimer's Virtual

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# Mortimer's Virtual Race for Life Competition

Can you design your own back sign? This could be dedicated to someone you know who has or is battling cancer.

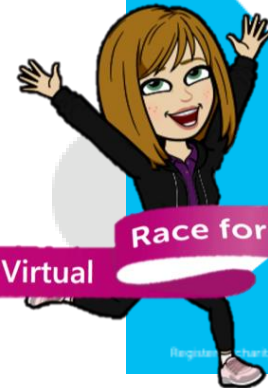
You can either print one out or just make your own on plain paper. Try to make it as creative and colourful as possible.

Email a photograph of your designs to Mrs Cooper by 3pm Friday, 26<sup>th</sup> June 2020.

Please help us raise as much money as we can by getting friends and family to sponsor you throughout our virtual sports week and for completing your race for life! **Share this link:**

<https://fundraise.cancerresearchuk.org/page/mortimer-community-college-2>

I Race for Life for



Mortimer's Virtual

Race for Life



Our Race for Life



**I Race for Life for**



# Mortimer's Virtual Race for Life

Friday 26<sup>th</sup> June 2020

