

Tinsley Meadows Virtual Sports Games

6th July – 10th July | FS2 – Year 6

As a result of Covid19, many school competitions, events and sports days have been cancelled. This competition pack has been created by the Sheffield School Games Organisers to enable pupils across Sheffield to compete in simple generic sport skills against pupils from other schools whether they are attending school, or being home schooled.

The competition consists of 8 simple skills and a challenge that can be completed at school or at home:

Speed Bounce
Target Throw
Coordination Station
Clap Catch
Step Ups
Press Ups
Star Jumps
Plank For Points
Healthy Selfie

All you have to do is follow the activity cards, complete the activities/challenge and record your scores on a scoresheet. Once you have completed all of the challenges, follow the link below and submit your results:

<https://forms.office.com/Pages/ResponsePage.aspx?id=vRjt83PLiUS8oEw9ifcGoVIYWhJosBROgeHtP3Dt3B1UNUFKQUdJQUFaMUJKTElZVjFLMkZNV1RKQS4u>

Scores will be calculated based on how many pupils have taken part. Bonus points can be earned by parents and class teachers getting involved! There will be a reward for the key stage with the most points and the class with the highest points total. A small number of rewards will also be given to the pupils who make the most effort.

Activity – Speed Bounce

Description

If you are in school, use a speed bounce mat or divide a gym mat into two by placing a length of tape down the middle of it. If you are at home and gym mats are not available, improvise by using a line of cones, skipping rope, crack in the pavement, masking tape etc. The aim of the activity is to see how many times you can cross the tape/line with your feet together in 30 seconds. Both feet should touch the same side of the mat/floor at the same time to complete each bounce.

Scan the QR Code
link to watch a
useful video



SCAN ME



Equipment

Speed Bounce Mat/Gym Mat/Line to jump over, timer.

How to Score

One correct cross over in either direction counts as a bounce. You will need someone to counting the bounces for you as well timing. Have two practice attempts before your recording attempt.

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Target Throw

Description

Place a bucket on the floor and take 5 large steps away. Simply throw a tennis ball into the bucket as many times as you can in 1 minute. After every attempted throw, run and retrieve your ball, return to the 5 metre distance and throw again. If you do not have a ball or bucket, improvise and use something else from around your house such as throw a toilet roll into a small bin or throw a small teddy into a large saucepan etc.

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SCAN ME



Equipment

1 item to throw - tennis ball/bean bag/toilet roll/small teddy. Something to throw the item into - a hoop/bucket/small bin/large saucepan.

How to Score

Score 1 point for every throw that lands in your target bucket. Record your performance on the

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Coordination Station

Description

Find a wall and stand 2 metres away from it, throw a ball against the wall and catch the rebound. Repeat the process making as many catches as possible in 1 minute.



Equipment

A ball, a wall and a stopwatch/timer

How to Score

For every catch made, you score one point. Record your score on the scoresheet.

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Clap Catch

Description

Start by tossing a ball in the air (or similar sized object such as a screwed up piece of paper). While the object is in the air, clap your hands once then catch the ball/object. Next, throw the ball/object again, clap your hands twice, and catch. Continue tossing the ball/object, increasing your claps by one each time. You have 1 minutes to see how many claps you can make without dropping the ball.



Equipment

A ball or similar sized object. A stopwatch/timer

How to Score

Score a point for the maximum number of claps you achieve without dropping the ball e.g. if you can make 3

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Plank 4 Points

Description

Plank for as long as you can for a maximum time of 3 minutes using the same position as in the diagram. Get somebody to time for you. Tips: Use an exercise or yoga mat for comfort. Try and avoid completing the task on hard surfaces. Keep your back flat, don't stick your bum in the air.



Equipment

A stopwatch/timer

How to Score

Score a point for each minute you plank. Record how long you can plank for in minutes and seconds. When submitting your score, tick the relevant time bracket box.

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Step Ups

Description

Step up on and off a bench, doorstep or bottom step of your stair case 1 foot at a time for 30 seconds.

Equipment

Yourself and a timer

How to Score

Record your performance on the scoresheet with how many step ups you have done in 30 seconds.

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Press Ups

Description

Place hands shoulder width apart, keep your body in line with your knees up ideally.

Equipment

Yourself and a timer

How to Score

Record your performance on the scoresheet with how many press ups you have done in 30 seconds.

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

Activity – Star Jumps

Description

Hands start at your hips and as you jump they should go above your head making a star. Your legs should come out on the jump.

Equipment
Yourself and a timer

How to Score
Record your performance on the scoresheet with how many star jumps you have done in 30 seconds.

Bonus Point – send in a video to sazam@tinsleymeadows.sheffield.sch.uk

CHALLENGE – HEALTHY SELFIE

Description

Simply submit a photo of yourself doing something healthy and active. Be as creative as possible!!



Equipment
A camera and your creative mind!

How to Score
Submit your healthy selfie to score 10 additional points!

Bonus Point – If your picture is creative!

Scorecard

Speed Bounce	Target Throw	Coordination Station	Clap Catch
Step Ups	Press Ups	Star Jumps	Plank 4 Points