



MANOR COURT Community Primary School

incorporating Manor Court Early Years Centre

A Member of Preston Primary Academy Trust

Head Teacher Mr L Talmage Deputy Head Teacher Mr A Clode

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Thursday 25th June 2020

Dear Parents and Carers,

Virtual Sports Day

I am very excited to announce Manor Court's 'Virtual Sports Day'. Our traditional Sports day cannot take place this year and with our pupils split between school and home this is a way for all the children to take part and still compete for their house.

All children will have a chance to take part in 5 events and help their house to win the cup. The day can take place at any point over the week 6th - 12th July. The winning house will be announced in the last week of term.

There are five exciting events which the whole school will be participating in, full details of how to complete the events can be found on the following page.

Event 1 – 30 second sprint

Event 2 – 3-minute long distance run

Event 3 – Hop, skip and jump

Event 4 – 30 second speed bounce

Event 5 – Target throw

Events can be done anywhere – back gardens, front rooms, etc. All events can be done adhering to social distancing rules and require minimal equipment. Every event your child participates in will win a point for their house, the house with the most points at the end of the week will win the Sports Day Cup!

Markers can be anything from a mug, cup, upside down bowl, to a jumper and for the target throw, any type of ball or non-breakable item can be used.

There will be a certificate for every child that takes part and members of the winning house will also receive a special winner's certificate, as well as winning the cup for their house.

I hope you all enjoy your sports day and it would be great to see pictures of you all competing #manorcourtsportsday.

Take care and have fun,

Mrs Preveet

PE Co-ordinator



ASPIRE

Ambition • Sincerity • Positivity • Integrity • Respect • Empathy

Event 1 – 30 second sprint

Place two markers around 4 meters apart, this can be changed for your space and age of child. Start at one marker and on 'GO' start to sprint from one marker to the next. Keep going and do as many as you can in 30 seconds.

Event 2 – 3-minute-long distance run

This is not a sprint! Run as far or as many times around your garden or the park as possible in 3 minutes. The challenge is to keep going – don't stop!

Event 3 – Hop, skip and jump

Place a marker as your starting point. You are trying to hop, skip and jump as far as you can. Perform a hop (one foot to the same foot), then a skip (the foot you landed on and then jump and switch and land on the other foot) and then a jump (taking off on one foot and landing on two). Place another marker where you land and see if you can beat the distance jumped next time! Complete this event a few times until you have jumped your furthest.

Event 4 – 30 second speed bounce

Place a line down on the floor – chalk line/skipping rope/hose pipe – something thin and not dangerous to land on. Start with both of your feet on one side of the line. When the timer starts, begin to jump to the opposite side of the line you are on and repeat as many times as you can in 30 secs. Keep going – don't stop!

Event 5 – Target throw

Place a marker down for your standing area, then place another marker down around 4 meters away as your target, this can be changed for your space and age of child. Your challenge is to throw your object as close as you can to the other marker. Keep going until you either you hit the marker or you get as close as you can.

The events can be practiced beforehand or repeated as many times as the child wants to. A point is won when the event is taken part in, so a maximum of 5 points per child can be won.


Write down the scores for the events you competed in and don't forget to download your certificate! There is a score sheet attached, if you would like to use this. Pass these scores to your child's teacher so they can go towards their house.

Well done everyone!

Name

Class

House

Event	Completed (✓)
Event 1 30 second sprint 	
Event 2 3 minute long distance run 	
Event 3 Hop, skip and jump 	
Event 4 30 second speed bounce 	
Event 5 Target throw 	