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Planning an effective virtual sports day

Online Learning Course

Welcome



Welcome to our planning and effective virtual sports day online learning course. My name is Caroline Holder.

As Staffordshire county PE advisor for a number of years I saw how diverse the needs of our pupils across the area were. By applying my vast experience in successfully upskilling teachers through CPD I know I can make a real difference. Over the last few years I have been contracted to oversee the effective use of PE and Sports Funding in the local area and I am proud of the positive changes schools have made with our support towards improving the outcomes in PE, sport and health for young people.



Having completed my headship qualification myself, I understand the challenges and requirements of whole school development. I love it when I manage to help a school support their school objectives weaved against the whole school development plan.

This course has been written alongside Zoe Harp. She is our team's sport and competition specialist. Zoe has worked in the sports development and education sector for 20 years and is a School Games Organiser for the Staffordshire Moorlands and Sports Co-Ordinator for Moorside High School.

She has previously worked for the FA and the County Sports Partnership before moving into education and has been a PE teacher and PE lead for a primary school. Zoe works with schools around the School Games programme, sports leaders, active schools, Change 4 Life, competition, linking with clubs and advising on Sports Premium funding.

We would like to thank you for downloading this course and hope that you both enjoy the content and find it useful to your role. If there is anything you need help or further support with then please don't hesitate to get in touch.

Caroline Holder

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Why run a virtual sports day?

The current lockdown situation due to covid-19 is meaning we are all trying to think of new and innovative ways of delivering some of the things we used to take for granted. Many of the PE leaders and schools we support have expressed an interest in trying to still run their school sports days but in a virtual context. We have pulled together some thought, ideas and considerations to try and help you in doing so.

The first important question to think about is – why do you want to run a virtual sports day? It's going to take time and effort to set up so you want to make sure you think it's going to be worth it for you, your school, your pupils and the parents.



Hopefully you want to do it because you really value the opportunities that pupils gain from sports day and you want to be able to replicate that – even if it is in a slightly different format to usual.

Most children and indeed families look forward to schools sport day. There is a lot to be gained such as:

- It is a chance to come together and celebrate sport, fitness and health and all that has been learnt and achieved in PE throughout the year.
- It can build confidence and self-esteem.
- It can give pupils a sense of team work and shared goals.
- It can teach about winning, losing and trying your best.
- It is a chance for children who are more physically confident and competent to shine in their own right.

Task

What other reasons can you think of for running a virtual sports day and the benefits your school, pupils and parents will gain?

What are the best ways to organise this?



There are probably lots of different ways of running a virtual sports day/ competition. Here are a few ideas we've seen and discussed with different PE leaders that we think sound great:

Individual Challenges for pupils

Decide on different competitions you want to set e.g: Furthest Jump (who can jump the furthest distance?) Beanbag pick up (How quickly can you pick up 4 beanbags placed 5m apart?) Accurate Throw (How many balled up socks can you accurately throw in a box/ hoop/ drawn target area) Balance challenge (How long can you balance on one leg for?) Pupils can then try out any of the challenges and submit their scores into you, which you then assess against other children in their year group.

House Challenges

Split the children into 4 different 'house teams' (if you don't already have these). When children have taken part in the virtual activities their scores are submitted and counted towards points for their 'house' to see which is the winning team.

Teacher Challenge

Have the class teachers set a challenge each and see if the pupils can beat their score.

Awards

Awards and recognition can be given to children for best scores and 1st, 2nd and 3rd places, participation, effort or most creative.

Sports Week

Instead of a sports day spread the events over the week to give pupils and parents more time to complete. One challenge per day.

Information sheets/ Videos

Think how you are going to give out the challenges – are you going to give the explanations of tasks via information sheets or maybe make little video explanations

What School Games activities are already running virtually?



The School Games and the Youth Sport Trust have lots of resources that can be used for a virtual sports day.

School Games Play Formats – YouTube

<https://www.youtube.com/watch?v=Au1r2EnpPvs&list=PLX9GnyQdxaf5NUXnIP-PCQ4ssc2tjnRUr&index=52&t=05>

Youth Sport Trust – PE Home Learning

<https://www.youthsporttrust.org/pe-home-learning>

School Games Active Championships

Free active challenges being set via videos within a designated School Games version of the TopYa! Active app.

All they need to do is download the app, register as a player and type in the **Invite Code 23880**.

Your local School Games Organiser will also be sending out ideas and resources.

What events or activities could I include?



There are many different events or activities that you could include in a virtual sports day.....

Athletic Activities

- Running, Jumping and Throwing challenges e.g. furthest jump, fastest timed shuttle runs, beanbag pick up, timed egg and spoon, timed hopping, furthest throw, accurate throws, highest jump etc

Sport Specific Challenges

- Linked to sports they may have played during the year at school e.g. How many penalties can they score in a goal with a football? How many bounces can they do with a tennis ball on a racket? How many chest or bounce passes can they do against a wall in 30 seconds?

Skill challenges

- How long can they balance on one leg for? How many times can they jump back and forth over a line for in 30 seconds? How many times can they run around a 5m squared area in 30 seconds?

Mental Challenges

- How many different ways can you get a ball into a bucket?
- Without throwing, how far away can you get a rolled up pair of socks?

Linking the event to pre learning activities

Physical Education

Getting the children to think about and try out some running, jumping and throwing athletics activities would be perfect pre learning activities to send home to get children working on their techniques and skills ready for any challenges set in your virtual sports day. You may also want them to be devising gymnastics, dance routines to weave into a virtual performance or include practicing any other sporting activities you may want to include in your 'events'.

English

- Writing a commentary on one of their performances.
- Reading a book about a sports day or information article on sports days and answering questions on this.
- Writing an information leaflet or persuasive article about your school sports day and why to join in

Art

- Designing a logo for the school virtual sports day or a poster advertising the event.
- Designing a school mascot for the event.

History

- Researching into the history of sports days, what events were their traditionally? when did it start?.

Maths

- Measuring the distance of their runs, jumps and throws.
- Making graphs of their scores from events.
- Timing their runs
- Working out their average score or performance out of 5

Science

- Thinking about the changes in their bodies during exercise and when exerting themselves to try their best.
- Looking at energy in food levels and energy expended during exercise
- Looking at materials used for sports clothing to enhance performance.

Raising the profile of the event



Virtual passing of a torch or baton or passing a Mexican wave across the school community

This idea is a bit like those that have already been done by many schools and teachers for example passing toilet rolls from one clip to another or even throwing buckets of water over each other. It's a bit of fun and gets everyone involved before the event – talking about it and thinking about it. Why not have some kind of virtual torch, relay baton or even just a Mexican wave that you pass around the community via video clips put together.

Opening ceremony dance or gymnastics routine.

See if any children who love dance or gymnastics want to film little clips of themselves doing movements which can be put together into a routine to music that can be put on the school website or played on the day.

Shared dance routine or fun challenge

Maybe think of an event that you could do on the day that everyone joins in with virtually at the same time for example a dance routine that's been pre-learnt or a challenge such as 'everyone hula hooping or skipping' for as long as they can. This can build up in the lead up to your event as everyone practices ready for the joint challenge. You could even try and set up a zoom meeting so people can see each other when you do it? or maybe even try set a world record if you're feeling very adventurous?

Other ideas for promoting involvement and inclusivity

My personal best challenges

Little challenges set for pupils to get a 'personal best' score for will not only support your school in gaining the school games mark but will also add purpose, motivation and enjoyment for your children.

Here are a few activities for you to try out. Try and think of other ideas that are suitable for your school and playground and would engage your pupils.

We have a list of downloadable personal best challenges on our website:
<https://www.acceleratelearningservices.co.uk/product/my-personal-best-challenge-cards/>

Leadership Challenges

Ask pupils to come up with their own challenges using equipment they have at home and then teaching a parent or sibling how to play.



Creative Challenges

It is great to try and get the children to be creative in their play with difference pieces of equipment. Here is a visual prompt sheet of '9 things to do with a beanbag' –You can watch a video of these skills here:
<https://www.youtube.com/watch?v=EDCi7218umk>

Why not challenge the children to see how many of the 9 they can master? Then once they can do them all challenge them to see what other skills they can think of doing with a beanbag or choose another piece of equipment for them to experiment with.

We have created a YouTube channel of videos for lots of pieces of equipment including: a hula hoop, a dance ribbon, a dance scarf, a quoit, a football and a cricket bat and ball

These videos and prompt sheets have worked really well to go out with the equipment boxes at lunch and breaktimes. If you want the full set of ideas cards for other pieces of equipment you can get them here:
<https://www.acceleratelearningservices.co.uk/product/9-things-to-do-skills-and-tricks-activity-cards/>

Important considerations

- Not everyone will want to join in (Staff and Pupils) so don't make it compulsory. Everyone is dealing with different things and have different pressures so its important not to add to this if its an issue for everyone.
- Try and get people to feel involved by sharing your initial ideas with other members of staff or parents and asking for other and suggestions. You may find people who are really interested in getting involved in this as a project and be willing to take responsibility for certain elements (e.g. putting together the initial dance video)
- Plan what you're going to say about health and safety and children and parents making sure they are taking any of these into consideration. What size of area they have? What equipment they'll be using? Not staying out in the heat too long? Taking regular breaks and drinks etc
- A lot of this will be based on trust and honesty in completing activities and sending in results however you will need to have a few rules and guidance notes in place to try and make things as clear and as fair as possible.
- Think about the equipment needed and be flexible on what they could use instead e.g. rolled up socks instead of a ball



Useful Websites and links



Accelerate learning Services for further ideas, resources and courses

<https://www.acceleratelearningservices.co.uk>

The Association for Physical Education for health and safety advice

<https://www.afpe.org.uk>

School Games Website:

<https://www.yourschoolgames.com>

60 second challenge ideas

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Accelerate Learning Services YouTube channel: Lots of quick physical activity ideas and challenges:

https://www.youtube.com/channel/UCEBOSQ3JE2aNgmROKGL-Lww?view_as=subscriber

Example schools who've done/ started this:

<https://www.mapplewellsprimary.co.uk/physical-education-at-home-and-in-school/>

<https://qz.com/1814544/hong-kong-school-hosts-virtual-sports-day-in-wake-of-coronavirus/>

<https://www.windsorhillps.co.uk/general-resources-and-activity-suggestions-to-keep/>



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Thank you and good luck

Appendix

A few example activity cards and certificates for pupils

60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive



Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



60 Second Challenge

Obstacle Course

How will you move to make sure your jump as many as you can?

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.

#StayHomeStayActive



Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold

45 points



Achieve Silver

30 points



Achieve Bronze

15 points



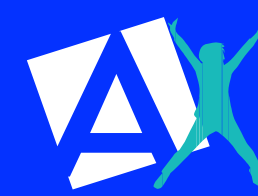
My Personal Best Challenges – Longest time



What is the longest time you can
balance on one leg for?

For videos of these challenges check out our YouTube channel:

My Personal Best Challenges – How many in 30 seconds....?



How many times can you jump
in the air for 30 seconds?

For videos of these challenges check out our YouTube channel:

Skills and tricks – Accelerate Learning Services

My Personal Best Challenges – Sport Specific - Football



How many goals can you score
from 10 penalties?

For videos of these challenges check out our youtube channel:

Skills and tricks – Accelerate Learning Services

School
Logo
here

Certificate of Achievement



This is to certify that

took part In our
Virtual School Sports Day 2020

Date:

Signed:

School
Logo
here

Certificate of Achievement



This is to certify that

Achieved 1st Place in the

Beanbag Pick up Challenge

In our

Virtual School Sports Day 2020

Date:

Signed:

School
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here

Certificate of Achievement



This is to certify that

Achieved 2nd Place in the

Furthest Jump Challenge

In our

Virtual School Sports Day 2020

Date:

Signed:

School
Logo
here

Certificate of Achievement



This is to certify that

Achieved 3rd Place in the

Balance Challenge

In our

Virtual School Sports Day 2020

Date:

Signed:



Congratulations, you have been awarded a
certificate in

Determination

Name _____

Date _____



Congratulations, you have been awarded
a certificate in

Best Attitude

Name _____

Date _____