



# THOMAS TELFORD SCHOOL

## VIRTUAL SPORTS DAY 2020

### EVENT RULES, POINTS + SUBMISSION PROCESS

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#### **Year 7 and 8 students:**

- To complete 6/10 events
- Completing 3 events in both practical PE lessons across the week

#### **Year 9 students:**

- To complete 4/10 events
  - Completing 4 events in their 1 practical PE lesson
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**Event Rules:** All event rules, information and video demonstrations can be found here:

<https://olc.ttsonline.net/Subject/64442/Virtual%20Sports%20Day/>.

**Please read through all the information listed under Objectives before starting.**

#### **1. Bop it:**

- You must use 1 A4 piece of paper squashed into a ball
- Make yourself an area to stand in – 1m x 1m square
- Using your hands, hit the ball up in the air as many times as you can
- You can use either hand, in any order
- Highest score without touching the floor or leaving the area
- Please see Mr Lyttle's demonstration

#### **2. Basketball speed-shot:**

- Use a pair of balled up socks
- You can use any suitable object as your "basket" but must be no bigger than a waste paper bin
- You must place the "basket" on a chair, then measure 3 large steps from the basket to shoot from
- Highest score in 1 minute
- Please see Mr Kitchenham's demonstration

#### **3. Toilet roll keepie uppies:**

- You must use a full, fresh out the bag toilet roll
- Do as many keepie uppies without the toilet roll touching the floor
- If the roll touches the floor, pick it up and carry on from your running total
- You can use any body parts apart from arms and hands
- Highest score in 1 minute
- Please see Mrs Price's demonstration

#### **4. Standing long jump:**

- You must jump from standing using both feet
- Swing your arms to help with momentum
- Land with both feet on the floor
- Measure from furthest point back
- Stand behind a distinguishable line, e.g. where slabs meet grass and jump forwards on to the grass
- If it is raining, complete on carpeted floor only wearing trainers and be aware of health and safety
- Please see Miss Fothergill's demonstration

**5. Sit up in 1 minute – toilet roll:**

- You must use a full, fresh out the bag toilet roll
- Complete as many full sit ups as you can in 1 minute
- Hold the toilet roll on your chest
- Please see Mr Lowe's demonstration

**6. Shot putt sock putt:**

- Use a balled up pair of socks
- Stand sideways on and complete shot putt technique
- Start with the socks on your neck, lunge towards the throwing side and "push" the socks as far as possible
- Make sure it is a PUSH action, not a throw
- Stand behind a distinguishable line, e.g. slabs meet grass and throw on to the grass
- Measure from where your socks land
- Please see Mr Such's demonstration

**7. Silly cup catch:**

- You must use 1 A4 piece of paper squashed into a ball
- Use a plastic cup which can easily fit the ball into (you can use other safe options e.g. large sports direct mug, just please be careful)
- You then have to hold the cup on your head
- You need to throw the ball up and then catch it in the cup
- The ball must go above the head before catching in the cup
- Highest score in 1 minute
- Please see Mr Howells' demonstration

**8. Bowling:**

- Use a pair of balled up socks
- Place an empty water bottle in an open space
- Measure 5 large steps from the bottle to bowl from
- Highest score in 1 minute
- Please see Mr Bullock's demonstration

**9. Design a mascot competition:**

- As you are all aware, the Tokyo Olympics have been postponed until 2021
- We would like you to get creative and create your own mascot for the Olympics

- Below is the official mascots for the Games and those from the Rio 2016 and London 2012
- There are no rules, it can be hand drawn and a photo sent in, or made on the computer
- Miss Law will choose the best 3 girls entries and Mr Kitchenham will choose the best 3 boys entries
- Miss Cameron and Miss Kings will then choose the top 3 from these 6!
- Please see Miss Law's video



London 2012



Rio 2016



Tokyo 2021



**10. Recreate a famous sporting moment competition:**

- You need to choose a famous sporting moment, which you would like to recreate at home
- This can be you as an individual, or you can get your family involved too
- Choose a photo you want to recreate, then recreate!
- When you submit your entry, please send in the original photo alongside your recreation
- The more creative, the better!
- Miss Law will choose the best 3 girls entries and Mr Kitchenham will choose the best 3 boys entries
- Sir Satchwell will then choose the top 3 from these 6!
- Please see Mr Kitchenham's video



Miss Law as gymnast McKayla Maroney at the London 2012 Olympic Games



Mr Kitchenham as Michael Jordan...  
...without the "Air"



Mr Topper as Kevin Pietersen

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### **Points System**

- Points will be available for each event in the following format:
    - 1<sup>st</sup> = 5 points
    - 2<sup>nd</sup> = 4 points
    - 3<sup>rd</sup> = 3 points
    - 4<sup>th</sup> onwards = 1 point
  - These points are available to you as an individual
  - The same points you earn individually will be converted into house points
  - *e.g. Steve Bloggs places 1<sup>st</sup> in the bop it challenge, he earns 5 points to his personal total but also 5 points to house Arkwright*
  - We will announce the students who place 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each year group and gender per event, as well as overall winners for each year group and gender
  - The results will be announced on Thursday 16<sup>th</sup> July on the school website/online curriculum
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### **Submission**

- You are going to share your results by completing the Forms quiz which has been emailed to you
  - The links to these Forms are also on the online curriculum, found here:  
<https://olc.ttsonline.net/Subject/64442/Virtual%20Sports%20Day/> under assessment – please make sure you use the Form which is specific for you, i.e. Year 7 Boys
  - Girls – please send your video evidence (1 video) to Miss Law at [hlaw@ttsonline.net](mailto:hlaw@ttsonline.net)
  - Boys – please send your video evidence (1 video) to Mr Kitchenham at [akitchenham@ttsonline.net](mailto:akitchenham@ttsonline.net)
  - Film yourself completing your favourite event and use this as your evidence
  - Please see the example video on the online curriculum for how to present your video
  - Please film in LANDSCAPE
  - Please send your video, mascot design and sporting moment photo in 1 email (where possible)
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**If you have any questions about any of the events or submission, please email Miss Law or Mr Kitchenham**