

THOMAS TELFORD SCHOOL VIRTUAL SPORTS DAY 2020

EVENT RULES, POINTS + SUBMISSION PROCESS

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

<u>Event Rules:</u> 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. <u>Bop it:</u>

- 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. <u>Toilet roll keepie uppies:</u>

- 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. <u>Sit up in 1 minute – toilet roll:</u>

- 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

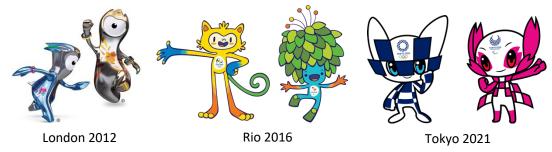
8. Bowling:

- Use a pair of balled up socks
- Place and 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



10. <u>Recreate a famous sporting moment competition:</u>

- 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

Points System

- Points will be available for each event in the following format:
 - \circ 1st = 5 points
 - \circ 2nd = 4 points
 - \circ 3rd = 3 points
 - 4th onwards = 1 point
- These points are available to you as an individual
- The same points you earn individually will converted into house points
- e.g. Steve Bloggs places 1st 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 1st, 2nd and 3rd 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 16th July on the school website/online curriculum

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: <u>https://olc.ttsonline.net/Subject/64442/Virtual%20Sports%20Day/</u> 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 <u>hlaw@ttsonline.net</u>
- Boys please send your video evidence (1 video) to Mr Kitchenham at <u>akitchenham@ttsonline.net</u>
- 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)

If you have any questions about any of the events or submission, please email Miss Law or Mr Kitchenham