

Virtual Sports Day



How it works...

We have set up 5 events for you to do at home.

Each event takes 30seconds.

You can take part in one, a few or all events – it's up to you!

Once you have completed all the events you would like to do, send your results to BillingtonR@hwbcymru.net along with some photographs.

Please be honest with your results!!!!!!

Points

We have placed everyone randomly into a Team: Blue, Yellow, Red & Green.

To find out your team see the attached sheets and find your name in your class list.

You get a point for your team for every event you enter.

Further points are then awarded for the winners of each event from 1st to 6th

You will be competing against others from the same year group as you.

Awards

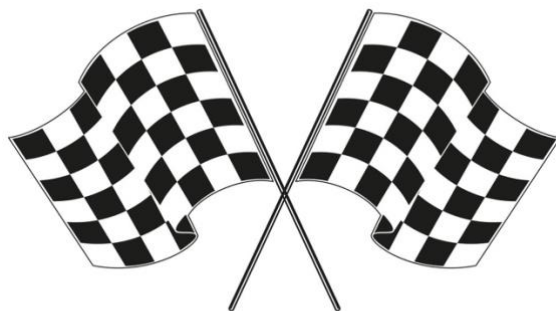
We will send out stickers/awards for individual entries and placements.

We will announce the overall winning team on our website along with a video of you competing at home on Monday 13th July.

This is a great opportunity for you to get active and have fun! You could hold mini competitions against your family at home too. For an extra point wear your team colours in the pictures!

THE EVENTS

- 1) The Egg and Spoon Race
- 2) The Standing Jump
- 3) The Hurdles
- 4) The Shuttle Run
- 5) The Target Throw



Watch our videos for details on how to compete in each event or read the explanations below.

ALL ENTRIES MUST BE EMAILED BY 12 NOON ON FRIDAY 10TH JULY

The Egg & Spoon Race

- All you need is a spoon and a hard boiled egg or tangerine or golf ball.
- In your yard/garden/playing field measure out 8m.
- Put a marker at the start point and at 8m.
- Balancing the 'egg' on the spoon, walk/run/jog back and forth between the markers without dropping the 'egg'.
- Each time you go from the start to the end and back again – that's 2 runs!
- If you drop the 'egg' you have to pick it up and put it back on the spoon before you carry on.
- Time how many runs you can do in 30 seconds and mark it on the sheet.

The Standing Jump

- You will need 2 stones, a measuring tape and a flat surface to jump
- Place the first stone by your toes.
- Keep your feet together, use your arms to propel you and jump as far as you can.
- When you land place the second stone by your heel.
- Measure the distance between the 2 stones and record your results on the mark sheet.

The Hurdles

- You will need 3 tea towels and a ruler.
- Roll the tea towels length ways.
- Place the tea towel on the ground.
- Use a ruler to measure 30cm then place the next tea towel.
- Measure 30cms and place the third tea towel.
- Stand in front of the first tea towel
- With both feet together, jump over the tea towels.
- Then run back to the start and jump over them again.
- Each time you jump over all 3 tea towels and get back to the start – that's 1 run.
- Time 30 seconds and see how many times you can jump the 'hurdles'
- Mark your score on the sheet.



The Shuttle Run

- You will need two markers: paper cups, stones, flags, cones – anything!
- Place the two markers 8m apart.
- Start at the first marker then run/walk/jog to the second marker and back again – that's 2 runs!
- Count how many runs you can do in 30seconds.
- Mark your score on the sheet.

The Target Throw

- You will need a tea towel, rolled length ways and placed on the ground, a bucket, a tape measure and some rolled up socks.
- Place the tea towel on the ground.
- Measure 3m and place the bucket.
- Standing behind the tea towel throw as many rolled up socks as you can into the bucket in 30 seconds.

- Write your score on the marksheet.

Please note we have not been able to put siblings in the same teams etc. due to time limitations

Nursery:

Blue	Yellow	Red	Green
Reem	Freddie	Sonny	Theo
Charlie	Lexi C	Casey	Penny
Emma	Osian	Alfie	Mason
Ollie	Ava	Thomas	Ella
Greyson	Kozo	Lexi L	Daisy
Bonnie	Mia	Leo	Lily P
Edison	Rhaya	Lilly R	Lottie
Inira	Eliza	Lily Mae	Noraa
			Olivia

Reception:

Blue	Yellow	Red	Green
Taksh	Millie-Ann	Lutoyah	A.J.
Archie	Jackson	Aiden	Ellie-Mai
Logan C	Matilda	Macey	Edie
Mollie	Logan H	Taylor	Faith
Emilie G	Zachary	Theo	Alexander H
Emilia	Leah	Amelia	Rosie
Alfie P	Oliver P	Isaac	Maya
Colton	Jacob	Logan NH	Kohl
Sophie	Everly-Rose	Ezmae	Oliver S
Frankie-Lee	Ffion	Alexander W	Logan W
Ruben	Seth	Alfie Z	Jorgie

Year 1:

Blue	Yellow	Red	Green
Angel	Jac	Tamika	Hollie
Noah A	Charlie	Noah FJ	Edward
Layla	Max	Dylan	Riley
George	Coby-Jack	Kyle	Ashley
Cian	Phoebe	Lola	Cian
Jack H	Brandon	Lokii	Kailyn
Allan	Sienna	Erin	Logan
Isaac	Jayden	Oliver	Jorgie
Daisy	Connor	Ella	Jack BS
Finley R	Amelia	Jack S	Oscar
Jacob	Teddy		Finnley W

Year 2:

Blue	Yellow	Red	Green
Minnie	Poppy	Lillianne	Sandra
Ollie	Georgia	Thomas H	Sofiya
Phoebe	Thomas D	Riley H	Seren
Franciszek	Kaja	Romi	Liam
Kai	Ellie	Jasmine	Summer
Zach	Oscar	Jaydan	Finley
Jac	Ajay	Mason	Tyler
Lydia	Amelia Mae	Kiara	Lucas
Frankie Mae	Tyler S	Rhys S	Layla
Rhys W	Jack W	Blake	Sienna
Harry	Ruby	Amelia	

Year 3:

Blue	Yellow	Red	Green
Dylan	Kylen	Kayla	Tulisha
Sammy	Lilia	Scarlett	Maisie H
Lilly-Mae	Oskar	Makinley	Lowri
Jacob	Darcey	Alfie-James	Nate
Raya	Harry	Maisie E	Kayden
Evan	Joshua	Leo	Marley
Oliver	Taylor	Sydney	Maci
Harry	Aaliyah	Millie-Anne	Bella
Iwan	Kati	Ella T	Mason
Caleb	Ella W	Shakira	Lilly
			Victor

Year 4:

Blue	Yellow	Red	Green
Jaxon	Evie	Emily	Joshua
Macy	Ebrahima	Sonia	Mason
Serene	Khadijatou	Ellie Mae	Rhys
Olivia	Jack	Ollie-Jack	Tiana
Alfie	Aimee	Summer M	Zara D
Maison	Ylana	David	Lexi
Lacie-May	Zara J	Emilia	Skye
Summer W	Romanii	Lauren	Angel
Evie	Ryan		

Year 5:

Blue	Yellow	Red	Green
Eileen	Amelie	Jack	Emily
Lillymay	Oliver	Mia	Brooke
Alfie	Ruby	Miley	Taylor-Joseph
Katie	Riley	Ewan	Dylan
Joe	Luke	Phoebe	Connor J
Thomas	Connor G	Josh	Macey
Ruby G	Sam	Corey	Maisie
Hanna	Emily	Ava	Kymberley
Adam	Emma	Connor B	Salah
	Ryan H	Lucy	

Year 6:

Blue	Yellow	Red	Green
Cameron H	Cameron G	Austin	Alfie
Ruby	Lyndon	Ellis	Riley
Carys	Jessica	Summer-Louise	Brooke
Ellie-May	Aadhya	Louis	Charlie
Corey	James	Miya	Riley
Saidou	Alby	Aled	Lyssa
Emily	Crystal	Rylie	Morgan J
Megan	Harley	Ebony	Seren RS
Tom	Louie	Marcie	Seren R
Jakub	Emilia	Libby	Ellie
Lexi	Gabriel	Morgan T	Molly
Jack	Max		Halle

Y Canol & Mrs Dixon:

Blue	Yellow	Red	Green
Owen	Harry F	Ciara-Grace	Jaycie-Lou
Bobby	Jake	Iwinoselube	Harry W
Elliot	Mika	Ellis	Maja
Efan	Elizah	Mason	Corey DS
Corey S	Riley	Ethan	Chloe
Gino	Cameron	Kensie	Freddie
Jack	Tawona	Millie-Ann	Kenzie
Dennis	Lola	Oliver	Molly
		Leo	