

St Gabriel's



NEWBURY

Remote Sports Day 19 - 26 June 2020





Remote Sports Day 19 - 26 June

- ▶ Over the next week you have the chance to compete in our St Gabriel's Remote Sports Day.
- ▶ These slides are your guide on how to compete and what to record.

The Sections

You must complete 6 activities, across 5 sections (maximum of 2 activities per section). The 5 sections you choose from are:

- ▶ Section 1 - STAMINA
- ▶ Section 2 - STRENGTH
- ▶ Section 3 - DISTANCE
- ▶ Section 4 - SPEED
- ▶ Section 5 - ENDURANCE

These slides will help guide you on selection, how to compete at home and what to do to record your results.

Mrs Brazendale has also recorded a [video](#), to ensure you have the right technique for certain activities.

Selecting activities

From the five sections you must choose a minimum of 6 activities to complete.

An example is given below:

- 1 ▶ Section 1: STAMINA - 200m
- 2 ▶ Section 2: STRENGTH - Star Jumps
- 3 ▶ Section 2: STRENGTH - Skips
- 4 ▶ Section 3: DISTANCE - Standing broad jump
- 5 ▶ Section 4: SPEED - 20m Sprint
- 6 ▶ Section 5: ENDURANCE - Plank

Next you need to review all the sections and make your own plan on what activities you will do to compete in Sports Day.

STAMINA - How Long?

In this section you can choose a maximum of 2 activities from:

- ▶ 1000m
- ▶ 3000m
- ▶ 5000m
- ▶ 200m

You will need to plan how to accurately measure the distance you run and record how long it takes.

When you have completed your activity, ask an adult to countersign your time.



STRENGTH - How Many?

Choose a maximum of 2 activities from:

- ▶ Star jumps
- ▶ Burpees
- ▶ Sit ups
- ▶ Skips
- ▶ Line jumps

Count how many you can do in 90 seconds.

- ▶ If you are not sure how to do the activities, see the PE at home videos on St Gabriel's website page [Concilium](#)
- ▶ When you have completed your activity, record the number achieved.



DISTANCE - How Far?

In this section you can choose a maximum of 2 activities from:

- ▶ Standing broad jump
- ▶ Seated tennis ball throw

If you are not sure how to do any of these please see the videos on St Gabriel's website page [Concilium](#)

When you have completed your activity, ask an adult to confirm you have completed it and then record how far.



SPEED - How Quick?

In this section you can choose a maximum of 2 activities from

- ▶ 10m shuttle run - (10m there and 10m back)
- ▶ 20m sprint
- ▶ 20m hop

If you are not sure how to do any of these please see the videos on the St Gabriel's website page [Concilium](#)

When you have completed your activity, get an adult to authorise you have completed it and then record your time in the grid.



ENDURANCE

In this section you can choose a maximum of 2 activities from

- ▶ Plank hold
- ▶ Wall sit hold

NB - maximum time 5 minutes please

- ▶ If you are not sure how to do any of these please see the videos on the St Gabriel's website page [Concilium](#)
- ▶ When you have completed your activity, get an adult to authorise you have completed it and then record your time in the grid.



Results

When you have completed your sports day activities please upload your information onto the results form using the link below

[FORM TO ENTER YOUR RESULTS](#)

Important information...

- ▶ You must complete your activities between Friday 19 and 26 June
- ▶ You must have entered all your information by Friday 26 June
- ▶ You must compete your activities under supervision of an adult who must authorise your completion.
- ▶ You must ensure you are competing in an appropriate environment which has been checked for safety

Support your House on Sports Day

- ▶ Get creative with a banner or poster to support your house.
- ▶ You could dress up as a teddy or toy in house colours and put it next to you when you are doing your challenges as part of your support team.
- ▶ We welcome your Sports Day pictures, please email: vbrazendale@stgabriels.co.uk

Go for it!

We will announce the winning house in
the last week of term!

Good Luck

AIDAN

ALBAN

BEDE

CHAD





Most importantly...



Have Fun