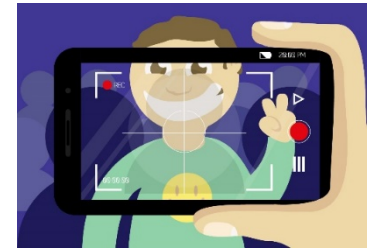


# VIRTUAL SPORTS DAY GUIDANCE

@TuptonHallPE  
#THSSportsDay2020

1. Check your school emails and Class Charts each day!
2. To submit your scores **using your phone...** click on the link via your Class Charts PE lesson or via the PowerPoint slide for that day (easiest way)
3. **On your home computer** you need to use Google Chrome, as your browser, view PowerPoint in **full screen/slideshow view** and press **'CLICK HERE'** on the slide for that day. (You may be asked to log-in using your school email address and password)
4. When you have completed the FORM then **press 'Submit'**
5. There is also an option to upload a photo of you taking part **PLEASE DO!!!!**
6. If you have any issues please email your **PE Teacher/Form Tutor**

*Good luck and thanks for getting involved!*



Who will be crowned our first ever Virtual Sports Day champions?

# VIRTUAL SPORTS DAY EVENTS | 22 – 26 JUNE

@TuptonHallPE  
#THSSportsDay2020

## Event Schedule

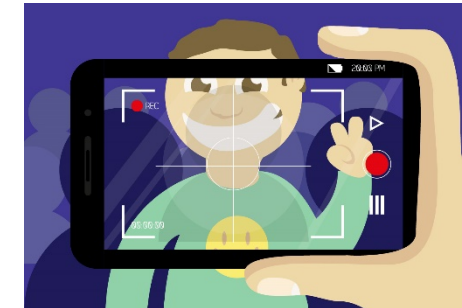
~~Day 1 Monday 22nd: 'John O'Groats to Lands End'~~

~~Day 2 Tuesday 23rd: 'Decathlon Events 1-5'~~

**Day 3 Wednesday 24th: 'Decathlon Events 6-10'**

Day 4 Thursday 25th: 'Climb Mount Everest Speed Bounce'

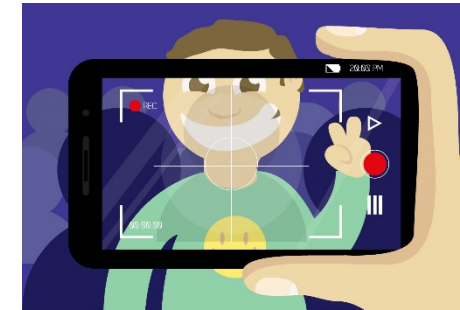
Day 5 Friday 26th: 'Get Caught Doing Something Sporty'



Who will be crowned our first ever Virtual Sports Day champions?

**Day 3**  
**Wednesday 24<sup>th</sup> June 2020**

**Decathlon Events**  
**6 - 10**



Who will be crowned our first ever Virtual Sports Day champions?

## 6. Two Footed Leg Raises - Virtual Sports Day Challenge

#THSSportsDay2020

### What is the task?

### How many leg raises can you do in 60 seconds?

This exercise will really work your core muscles.

- One leg raise is raising both legs together until they are over your hips and then move both legs back down to the ground.
- The key here is to have control of your legs when moving them up and down.
- Place your hands underneath your bum and make sure your back is pressed into the floor.

Good luck!



[CLICK HERE](#) to submit your score and to see a demonstration from Mrs White

**Key Word: Muscular Endurance**  
**Core muscles being able to work for an extended amount of time**

# 7. Step UP! - Virtual Sports Day Challenge

#THSSportsDay2020

**What is the task?**

**How many step ups can you do in 60 seconds?**

You will need:

- A step (bottom step of stairs, doorstep, step up box, any step outside in garden)
- A timer

You have to step up with one foot, then the other foot, step back down with one foot and then step back down with the other foot.

**This all counts as ONE step up.**

Go as fast as you can for 60 seconds and then submit your score.

[CLICK HERE](#) to submit your score and to see a demonstration from Miss Bacon



**Key Word: Determination**

**“The focus you need to get something done”**



## 8. Up Down Plank / Shoulder Tap - Virtual Sports Day Challenge

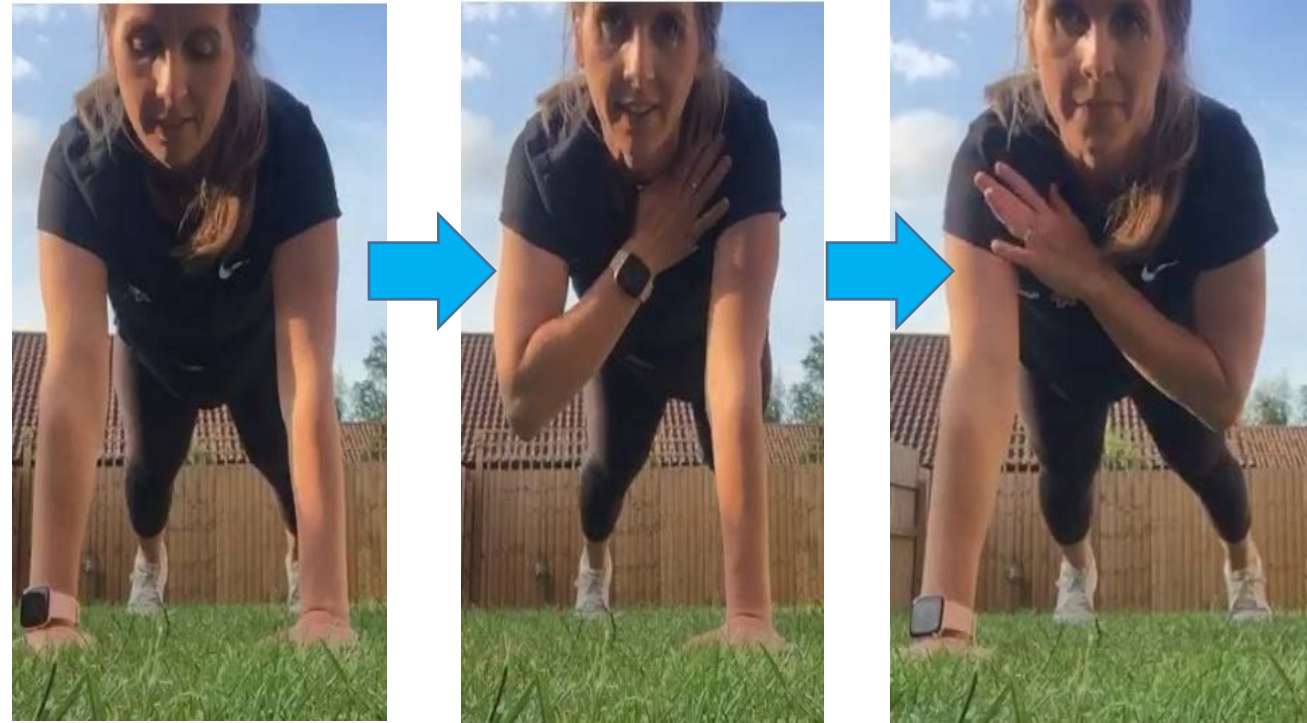
#THSSportsDay2020

### What is the task?

**How many times can you tap each shoulder whilst in the plank position in 60 seconds?**

- Get into the plank position... and tap each shoulder as many times as you can in the 60 seconds.
- Each tap on the shoulder is classed as 1 point.
- Submit your score via the FORM

**Have FUN and submit your BEST score!**



**Key Word: Muscular Strength**

**The amount of force a muscle can exert against a resistance.**

**[CLICK HERE](#) to submit your score and to see a demonstration from Mrs Waterhouse**

# 9. Two metre Wall Pass – Virtual Sports Day Challenge

#THSSportsDay2020

## What is the task?

### How many successful passes can you make in 60 seconds?

- 60 seconds to complete as many successful passes as you can.
- 2m away from the wall (two BIG steps if you don't have a tape measure!)
- Use any ball you have (a netball/football is probably best!)
- Every catch is a point.
- If you drop the ball, pick it up and carry on counting from where you were.
- Your score is the total number of successful catches.
- Submit your score via the FORM.

[CLICK HERE](#) to submit your score and to see a demonstration from Mr Edwards

### Key Word: Co-ordination

The ability to use different parts of the body together smoothly and efficiently.



2m from the wall!



# 10. Chair Sit and Stand (Squats) - Virtual Sports Day Challenge

#THSSportsDay2020

**What is the task?**

**How many times can you squat to sit down in your chair within the 60 seconds?**

- Start standing, squat to sit on your chair and stand back up.
- Each time you sit on your chair this is classed as 1 point.
- Submit your score via the FORM.

**Have FUN and submit your BEST score!**

[CLICK HERE](#) to submit your score and to see a demonstration from Mrs Waterhouse



**Key Word: Muscular Endurance**

**The ability of a muscle or group of muscles to sustain a repeated contractions against a resistance for an extended period of time.**