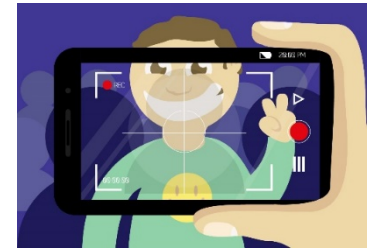


# VIRTUAL SPORTS DAY GUIDANCE

@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

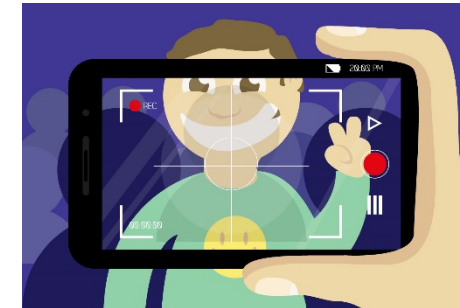
~~Day 1 Monday 22nd: 'John O'Groats to Lands End'~~

**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'

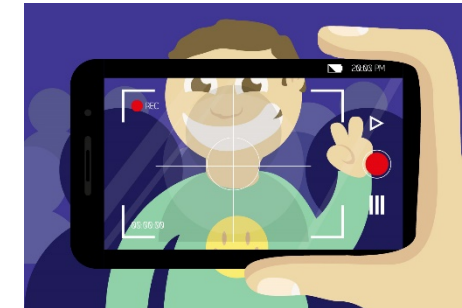
Day 5 Friday 26th: 'Get Caught Doing Something Sporty'



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

**Day 2**  
**Tuesday 23<sup>rd</sup> June 2020**

**Decathlon Events**  
**1 - 5**



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

# 1. Keepie Uppies - Virtual Sports Day Challenge

#THSSportsDay2020

**What is the task?**

**How many kick-ups can you do with a ball in 60 seconds?**

**Very simple!**

- Use any type of ball or object (e.g. toilet roll)
- How many times can you keep up in the air in 60 seconds?
- Each kick with your foot is 1 pt.
- Submit your score to FORMS

**Even if the ball drops, carry on where you left off!**



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

**Key word:**

**Co-ordination**

**“The ability to use two or more body parts at the same time”**



## 2. Toe Taps - Virtual Sports Day Challenge

#THSSportsDay2020

### What is the task?

#### How many times can you tap the ball with your feet in 60 seconds?

- Alternate your feet onto a ball (object) as fast as you can.
- 1 pt for each foot that touches the ball (object).
- **Count how many successful toe taps you make in 60 seconds.**
- You can only submit **one** attempt so make sure it is your highest score.
- Remember to submit your score using the FORM

### Key Word:

**Perseverance** - "persistence in doing something despite difficulty or delay in achieving success"

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



### 3. Bottle Flip – Virtual Sports Day Challenge

#THSSportsDay2020

**What is the task?**

**How many bottle flips can you do in 60 seconds?**

- Get any size of bottle and make sure you have some water in the bottom.
- How many times can you successfully get the bottle to ‘flip’ and land on its base?
- Count how many times you can achieve this in 60 seconds.
- Submit your score on FORMS.



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

**Key Word: Accuracy**

**“The quality or state of being correct or precise”**



## 4. T-Shirt ON and OFF - Virtual Sports Day Challenge

#THSSportsDay2020

### What is the task?

How many times can you put your t-shirt on and off in 60 seconds?

- Start with your t-shirt flat on the floor, put the t-shirt on over your head making sure it is fully on and pulled down, then take it off again. Place back on the floor and repeat.
- Each time you put your t-shirt on and off and place it back on the floor this is 1 point.
- Submit your score using the FORM attached.

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

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



**Key Word: Speed**

**The amount of time it takes to perform a particular action or cover a particular distance.**

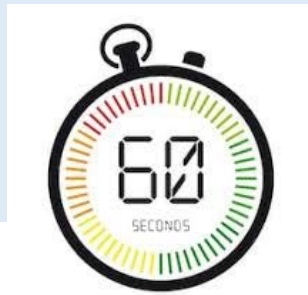
# 5. Around the World in 60 Seconds - Virtual Sports Day Challenge

#THSSportsDay2020

What is the task?

How many times can you pass an object around your body in 60 seconds?

- On 'go' you pass the object around your body.
- A point is scored after each full rotation – when the item is passed around your body to its original position.
- Submit your score using the FORM attached.
- Feel free to try different objects – submit your best score.



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



Key Word: Co-ordination

**Hand eye co-ordination – using 2 or more body parts at the same time.**