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Virtual Sports Day

I hope you are all safe and well. The weather is good!

I have just put the steps together based on activities that are often used in a Sports Day. The links include everything from a grocery list to short demonstrations on how to successfully complete the skill.

How to participate in the Virtual Sports Day/Week/Fortnight

1. Collect the necessary equipment.

Many of these items will be already in the kitchen press.

https://docs.google.com/spreadsheets/d/10sNTFg3u-4LW7co43cnBw-vPPSs_V0PBrBq6k6fpWpI/edit#gid=0

Goodies		Running	
Block of Ice-cream & wafers		<i>Equip</i>	<i>Household Alternative</i>
2 packs of jelly snakes		Red, Yellow, Green cones	Circles cut from cereal box coloured red, yellow, green
Multi-pack of popcorn		Hula hoops	Skipping Rope / Rope
Strawberries & dipping chocolate		Quoit	Circles cut from Cardboard
Mi-Wadi (flavour of your choice)		Cones	Paper plates
Blowing Bubbles		Bean Bags	Rolled-up socks / Clean socks filled with rice
water pistols		NB: for the funny faces game, the children could make the faces, colour them in and cut them from cardboard. The pieces could then be miked up in the playing area and players must make the face from this. It could add to the fun.	
Party bags			
Paper / Plastic cups			
		Kicking	
		<i>Equip</i>	<i>Household Alternative</i>
		Football or any ball	
		Cones	Cans of beans, Cereal boxes, Toy boxes
		A4 Sheets & Twistables / Crayons	
		Skittles	used 2L Water bottles
		Throwing	
		<i>Equip</i>	<i>Household Alternative</i>
		Tennis Balls	
		Small (Size 1) Balls	
		skittles / Cones	Used 2L bottles
		cones	Toy cars, teddies, books standing on their edge
		Balancing	
		<i>Equip</i>	<i>Household Alternative</i>

2. (optional) Generate a list of music with your child or allow your child to create a playlist to listen to while completing these activities.

3. Complete the activities

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities?authuser=0>

- There are 6 different task areas
- Within these task areas, there are 3 different activity levels of difficulty. Level 3 is the most difficult.
- There is a video instruction for each task.

Sample level 1 Running Activity:

Invite your child to find a space in an area where they are not in contact with anyone else.

On a signal, the child moves around the playing area in response to the following commands.

Turn it into a game of moving statues to develop.

- Red: stop
- Amber: walk

- Green: run

(REF - PDST MWMO Book 1)

Sample level 2 Kicking Activity:

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/kicking?authuser=0>

Kick to Score

Draw or stick target areas at various heights on a wall.

Points should be placed in the centre of each target from one to five. Child/Children are given a score to achieve, e.g. ten.

Groups must hit the targets on the wall to achieve that score.

Pupils could try to score a penalty on Mom, Dad or a big brother or sister.

4. Making the task easier or more difficult.

Space

In the videos, the distance from the target maybe too far or too close. Adjust accordingly.

Time

Put a time limit on the activity if it is too easy.

5. Record videos and send them to your class teacher.

Integration:

Literacy: Write a procedure on how to catch, kick or throw a ball.

STEM: Building an obstacle course.

References

The activities/games are built up the central elements of the 'Move Well, Move Often' programme developed by the Professional Development Service for Teachers (PDST). The website has been created by Éanna Casey and Adrian Ormsby.

Mr. Hickey