



Year 6 Sports Day at Home

Week Commencing: Monday 22nd June



This pack contains:

- Warm up ideas
- Event ideas
- Score cards
- Cool down ideas
- Sports Day certificate

Please dedicate one morning of home learning this week to Sports Day at home. Don't forget to send some pictures to:

yr6photographs@fiveways.staffs.sch.uk

Have fun!

The Year 6 team 😊

Planning your Sports Day

First, have a think about what events you would like to include in your Sports Day at home. Here are some ideas or you can come up with your own!

- Egg and Spoon race
- Object balancing race
 - Relay
- Standing long jump
 - Timed agility
- Underarm throwing

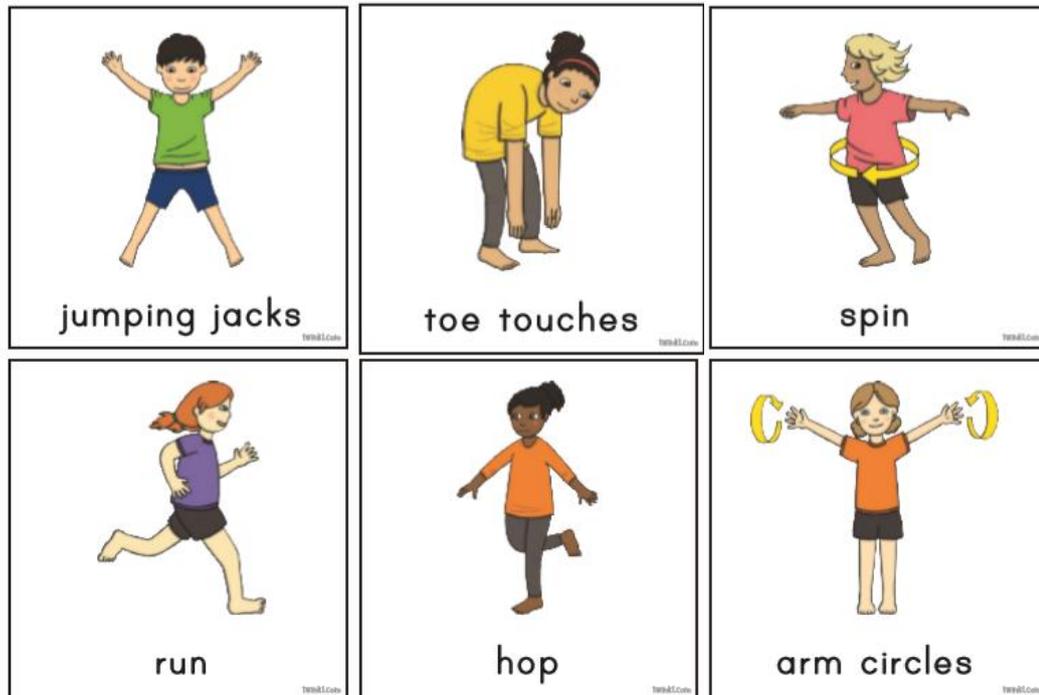
Make a timetable for your events to take place. Think about who will be involved and how you are going to set up each race. Use what objects you can that you have at home.



Warm up ideas

Here are some warm up ideas that you might want to use.

Spend 30 seconds on each idea.



WARM UP!



Event ideas

Egg and Spoon race

In the egg and spoon race, you balance an egg on a spoon while racing others to the finish line. You need good balance, body control and coordination.

Equipment

A hard-boiled egg and spoon for each person in the race. The larger the spoon, the easier it will be to balance the egg.

What to do

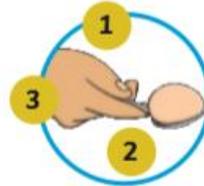
1. Practise balancing the egg on the spoon while standing still.
2. Practise moving with the egg on the spoon. How fast can you go? Remember – the idea is to go as quickly as you can without the egg falling off!
3. Practise picking up the egg and putting it back on the spoon as quickly as you can. If this happens in the race, you will need to stand still to get the egg balancing on the spoon again before you continue in the race.
4. Experiment with holding the spoon at different places along the handle. What happens when your hand is further away from the egg?
5. Measure out a distance of 10m and practise racing against family members. Don't worry if you have to change direction to move 10m or go there and back in your garden or living room!

Technique: Holding the spoon

- 1 Place your thumb on the top.
- 2 Keep your fingers bent underneath the spoon.
- 3 Take most of the handle in your hand.

Technique: Moving with the egg and spoon

- 4 Relax your shoulder and lean your body forwards.
- 5 Keep your elbow held up and out and slightly bent.
- 6 Alternate between looking forward and checking your egg.



Watch the video [here](#) to see how it is done.



Object Balancing Race

Move as quickly as possible while balancing an object on your head.

Equipment

A homemade beanbag. We recommend folding a tea towel and holding it together with an elastic band.

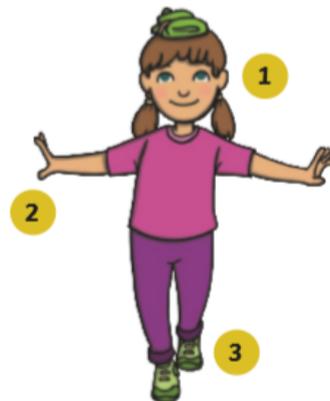


What to do

1. Practise balancing the object on your head while standing still.
2. Practise moving around the space with the object on your head. How fast can you go? Remember – the idea is to go as quickly as you can without the object falling off!
3. Measure out 10m and practise racing against family members.

Don't worry if you have to change direction to move 10m or go there and back in your garden or living room!

- 1 Keep your head upright and as still as possible.
- 2 Hold your arms out to the side if it helps you to keep balance.
- 3 Try to take smooth steps, moving your upper body as little as possible.



Watch the video [here](#) to see how it is done.



Relay race

In the relay race, you work as a team to recreate a picture together. You will need to show qualities for good teamwork, such as encouragement, respect and cooperation, as well as using your memory skills!

Equipment

A blank piece of paper, a pen or pencil and the **Relay Race Picture** printed out or displayed on screen.



What to do

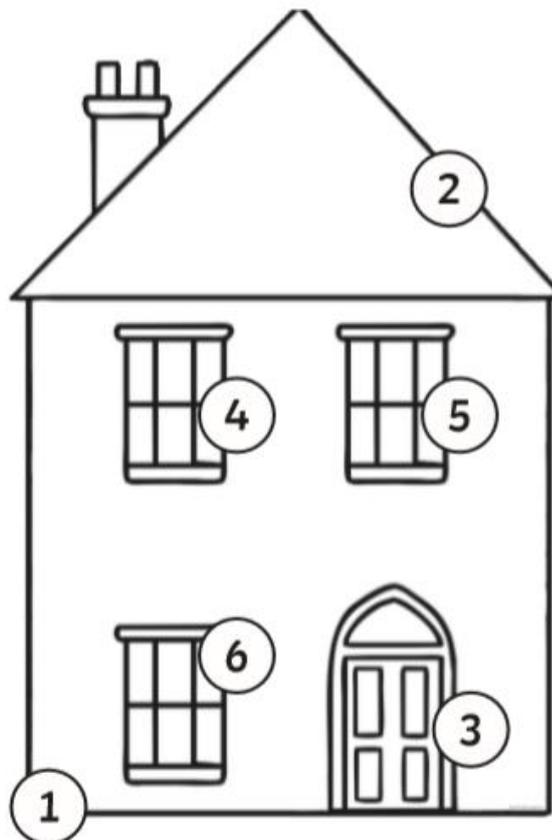
1. Stand with your team at the start line.
2. The first competitor should run to the picture, either printed out or displayed on a screen.
3. They should memorise section one of the picture and then run to the blank piece of paper.
4. They draw the first section of the drawing on the blank paper and run back to the start line to tag the next person.
5. The second competitor now takes their turn to run to the picture, memorise section two, run to the blank paper and draw on section two.
6. Continue until you and your team have recreated the picture on your blank paper!

- 1 Encourage your team members by cheering them on.
- 2 Try your best for your team.
- 3 Look carefully at the picture to memorise your section.
- 4 Visualise the picture in your mind while you draw it.
- 5 Respect your team members' efforts by staying calm, even if things don't go as planned.



Watch the video [here](#) to see how it is done.

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Standing Long Jump

A two-footed, horizontal jump from a standing position.

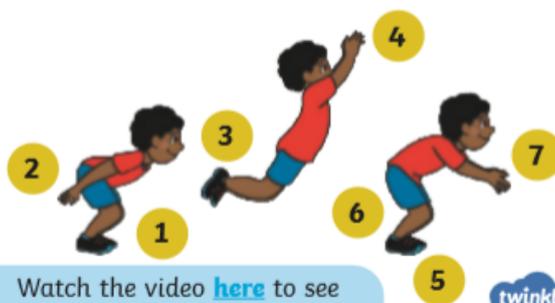
Equipment

Something that can be used to make a take-off line, such as a skipping rope; a marker to mark how far you jump; a way of measuring your jump.

What to do

1. Set up a take-off line using a stretched out skipping rope or something similar.
2. Stand with the toes of both feet as close as possible to the line without touching it.
3. Using the technique shown opposite, make a two-footed take-off and jump as far as possible.
4. In line with the heel closest to the take-off point, place a marker where you land and measure the distance between the take-off line and the marker.
5. Jump three times, trying to jump as far as possible each time.
6. You will receive points for using the right technique.
7. Measure the distance for each jump.

- 1 Bend your ankles, knees and hips ready for take-off.
- 2 Swing your arms behind your body.
- 3 Straighten your legs to take off, with both feet leaving the ground together.
- 4 Swing your arms forward and up.
- 5 Land on both feet at the same time.
- 6 Bend your ankles, knees and hips to absorb the impact on landing.
- 7 If you need to, keep your arms out in front or to the side to remain in balance.



Watch the video [here](#) to see how it is done.

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Timed Agility

Move between the track of objects, turning each one over as you pass it. It requires quick, light movements on your feet and changing direction.

Equipment

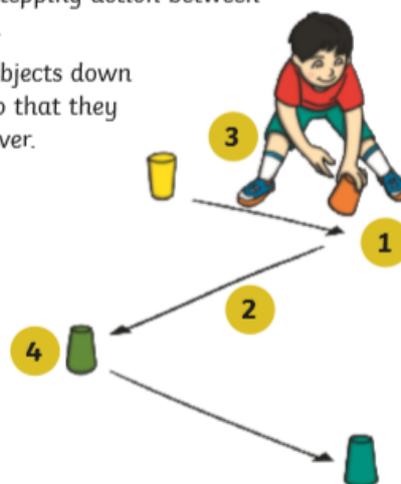
A timer and five objects, such as beakers, that can be turned over one way and then the other.



What to do

1. Set up the five objects in a zigzag formation similar to the layout in the picture.
2. You will be timed as you move through the track, turning each object over as you pass it.
3. Once you get to the end, turn around and move back through the track putting the objects back the other way.
4. You will have one minute for this and will score one point for each full set of objects you turn over.

- 1 Get down low to turn over the objects, bending from the knees.
- 2 Move quickly between the objects, staying nice and light on your feet.
- 3 Use a sidestepping action between the objects.
- 4 Place the objects down carefully so that they don't fall over.



Watch the video [here](#) to see how it is done.

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Underarm Throw

The underarm throw is a throw made at waist height, under the arm. It is used to send the ball over short distances or when throwing for accuracy.

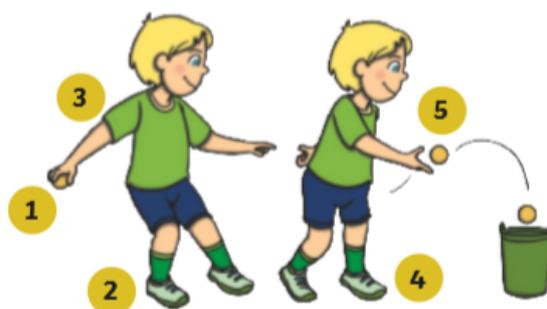
Equipment

Something that you can throw - ideally a ball but a rolled-up pair of socks will do; something that you can throw into (e.g. a bucket or a bin).

What to do

1. Practise the underarm throwing technique with a partner, standing approximately 2-3m apart. Stand further apart for a greater challenge.
2. Now place a bucket on the ground and stand approximately 2m away. Try to get the ball into the bucket. Stand further away for a greater challenge or closer if necessary.
3. You will get five attempts to get the ball into the bucket.

- 1 Hold the ball in your dominant hand, gripping it with the fingers and thumb.
- 2 Stand with one foot in front of the other.
- 3 Take your throwing arm behind your body and swing it forwards like a swinging pendulum (from behind the body to the front of the body).
- 4 Transfer your weight from the back foot to the front foot.
- 5 Release the ball at waist height.



Watch the video [here](#) to see how it is done.

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Don't forget, if you have your own race ideas please use them! 😊

Cool Down ideas

Here are some cool down ideas that you might want to use.

Spend 30 seconds on each idea.



Certificate



Well done for completing your Sports Day at Home!

Keep smiling,

The Year 6 Team 😊