

Rosenallis N.S Sports Day 2020



Sport's Day is one of the best days for many of the kids in Rosenallis National School. Seeing as we are not in school to celebrate and enjoy this day we decided to bring Sports Day to you!

We have compiled a list of activities you can do in your own family/area to make your very own day of fun.

1. Firstly, have a think about when you want to do Sports Day. You could choose a number of activities and complete them all over the course of a day or you could choose a few activities to do each day to make it a Sports Week. Choose whichever set up works best for you and your family.

2. Make a list of what your Sports day will look like.

We have divided the activities up under different headings. Choose one/two activities from each section. Or just choose whichever activities you wish to do. We would love to see you doing a few of these activities. If possible take a short video, no more than 20/25 secs (difficult to upload otherwise) and email it to us at adrian@rosenallisns.com.

3. Certificate

We will email you a certificate for taking part. Just let us know how many activities you took part in by emailing Ms Purcell at annemarie@rosenallisns.com.

If you take part in 2 activities you get a yellow certificate, 5 activities you get an orange certificate, 8 or more activities you get a green certificate.

Activities

1. Running

- Sprints

Mark a finish line about 50m away from your starting position for Juniors/Seniors, 70m away for First/Second, 100m away for Third, Fourth, Fifth, sixth class.

- Obstacle Course

Make your own obstacle course using whatever you have at your disposal. Why not time yourself and see if you can improve on your time the second time around?

- Rock, Paper, Scissors

Arrange children in pairs, standing one metre apart and facing each other. All pairs line up beside a centre line with a safety line positioned 20 metres behind both sets of pupils. Each pair begins by performing a rock, paper, scissors routine. A rock is a closed fist, paper is a flat hand and scissors are the index and middle fingers in a cutting position. Paper covers rock, rock breaks the scissors, scissors cuts paper. To determine a winner players count to three and perform one of the actions. The winning pupil then chases their partner to their safety line attempting to tag them before they reach it. Line up again and repeat the activity.

2. Throwing

* Beanbag throw (use a pair of socks, tennis ball, show). See how far you can throw the beanbag. Measure the distance. Go back to the starting position and throw again. Can you throw it further this time?

- Tennis Ball Challenge

Work in pairs, one person is throwing the ball against a wall, the second person is counting how many times the person throwing can catch the ball in thirty seconds.

3.Kicking

- Kick to score. Draw or stick target areas at various points on a wall. Points should be placed in the centre of each target from 1-5. Child is given a target to achieve for example 10. Child tries to score ten by kicking the relevant targets.
- Penalty Shoot Out. Try to score a goal on your sister, brother, mammy, daddy etc.

4.Balancing

- Book Balancing. How far can you walk while balancing a book/books on your head? How long can you balance while standing on one leg?
- Blindfold Balance. How many seconds can you balance for when blindfolded?
- Plank. Keep your body straight as a plank, bum down and see how long you can hold it for?
- Partner Plank: Keep your body straight as a plank opposite your partner who is also straight as a plank. How many high fives can you do in one minute?

5.Traditional Sports Day Activities

- Wheel barrow Race
- Egg and Spoon Race
- Three legged Race
- Sack Race

6.Camogie/Hurling Challenge

- Watch Ross King and Paddy Purcell demonstrate some of the drills they use when training with Laois. Try some of these for yourselves.

Feel free to make up your own activities! The aim is to move your body and have lots of fun.