SLSSP Sports Day
Covid Secure Activities

Overview

The LSLSSP School Sport Coordinators have developed activities for a Covid Secure Sports Day with recent government guidance in mind. We have also consulted with a number SL schools whilst creating this resource, and it is evident **A one size fits all approach is not practical.**

Factors influencing the format/set-up of your sports day are:

- Field space for events
- Available equipment for events and multiple stations.
- Time allocated to set-up/deliver.
- Number of officials: e.g. PTA, teachers, adult volunteers, sports ambassadors, playground leaders etc.

Covid Specific

- Number of children in bubbles
- How you will organise: Classes, Year, gender…
- School covid protocols – sanitising equipment between bubbles. No Spectators

Possibilities for separating Bubbles:

- Two Afternoons - Track afternoon (sprints/relays etc.) followed by a Field afternoon (throwing/jumping etc.) on a separate day.
- A bubble complete multiple stations and pupils work around them in small groups.
- One or two activities that year groups/bubbles come outside and do and then swap with another bubble on a rotation basis across the school.
- Do a few races per year group. Keep the same obstacle races for each year group but increase distance with age.
- A virtual sports day over a few days competing against other classes? year groups?
- Example day plan for KS1 & 2 that would allow sports day if year groups are in bubbles.

Time	KS1
8:30am	Set-up KS1 stations
9:00am	Classes arrive + warm up
9:15am	Move to stations
9:20am	Stations 10*15 minutes in bubbles (include drink stations)
11:50am	Complete station work
11:55	Presentations
12:00pm	Finish

Time	KS2
12:20pm	Set-up two tracks & two field areas
12:45pm	Classes arrive + warm up
12:55pm	Move to areas (Y3 track1/Y4 field1 & Y5 track2/Y6 field2)
1pm	Start events
1:35pm	Move to areas (Y4 track1/Y3 field1 & Y6 track2/Y5 field2)
1:40	Start events
2:20	Complete station work
2:25-2:45pm	presentations
2:45-3pm	Finish, clean up

SLSSP Sports Day
Covid Secure Activities

LSLSSP Activity Cards

- The activity cards are flexible… distances and times are adaptable to your space, time, equipment, people.
- Stations could have double equipment so multiple teams can participate at the same time preventing long queues.
- Record the winning individual/team scores at each activity to award in the final presentations.

How to link your sports day to the Olympics?

The Olympics is the biggest sporting event in the world and only come round every 4 years. Ideas of how to link the sports day to the Olympics…

KS1

1. Opening ceremony - Olympic march in teams to open your sports day.
2. Olympic sport warm up. Name an event e.g freestyle swimming. Then perform arm action.
3. Each Bubble/Class could represent a County and dress in the colours of that country. Lots of cross curricular links could be developed – research countries, athletes competing and the sports. Children could make posters, banners, flags for the event. This will develop knowledge for this prestige event starting on 23rd July 2021.

KS2

1. Opening speech from your Sports Ambassadors about three core values of Olympism: Excellence, Respect, and Friendship.
   -Excellence means doing the best we can, on the field of play or in our professional life. The important thing is not winning, but taking part, making progress and enjoying the healthy combination of body, will and mind.
   -Respect: This includes respect for yourself and your body, for other people, for rules and regulations, for sport and for the environment.
   -Friendship is at the heart of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world.
2. KS2 link to how Olympics began https://www.bbc.co.uk/bitesize/topics/z87tn39/articles/z36j7ty to look at prior to sports day.
3. Could add an Olympics quiz as one of your events?

Presentations

- Presentations usually last approx.. 5-10 minutes. You need to decide what events to award! Is it just for selected events or awards for every event (individual and/or team events)?
- Are you awarding the winner? Or gold, silver and bronze for each event? Do you have something to present e.g. a medal, sticker, certificate? Do all participants get a certificate?
- Closing ceremony – with children marching around the field, celebrating their efforts for taking part – holding awards, medals, certificates.

SLSSP Sports Day

Covid Secure Activities

Key Stage 1

Carousel of 10 Activities

Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

SLSSP Sports Day
Covid Secure Activities

KS1 40M SPRINT (ONLY RECORD POSITIONS)

EVENT NAME: KS1 40M SPRINT		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

SLSSP Sports Day
Covid Secure Activities

KS1 SPEED BOUNCE (ONLY RECORD HIGHEST SCORE)

Child Name	Team	Successful Jumps

BEST SCORE

Child Name	Team	Successful Jumps

SLSSP Sports Day
Covid Secure Activities

KS1 STANDING LONG JUMP (ONLY RECORD HIGHEST SCORE)

Child Name	Team	DISTANCE

BEST SCORE

Child Name	Team	DISTANCE

SLSSP Sports Day
Covid Secure Activities

KS1 CHEST PUSH THROW (ONLY RECORD HIGHEST SCORE)

Child Name	Team	DISTANCE

BEST SCORE

Child Name	Team	DISTANCE

SLSSP Sports Day
Covid Secure Activities

KS1 RELAY RUN (ONLY RECORD FASTEST SCORES)

	Team	TIME

BEST SCORE

	Team	TIME

SLSSP Sports Day
Covid Secure Activities

KS1 FOOTBALL SLALOM RELAY (ONLY RECORD FASTEST SCORES)

	Team	TIME

BEST SCORE

	Team	TIME

SLSSP Sports Day
Covid Secure Activities

KS1 BEAN BAG BALANCE RELAY (ONLY RECORD FASTEST SCORES)

	Team	TIME

BEST SCORE

	Team	TIME

BEAN BAG BALANCE RELAY

SLSSP Sports Day
Covid Secure Activities

KS1 OVER & UNDER TEAM RELAY (ONLY RECORD FASTEST SCORES)

	Team	TIME

BEST SCORE

	Team	TIME

SLSSP Sports Day
Covid Secure Activities

KS1 BEAN BAG TARGET THROWING (ONLY RECORD HIGHEST SCORES)

	Team	POINTS

BEST SCORE

	Team	POINTS

SLSSP Sports Day
Covid Secure Activities

KS1 TENNIS BALL CIRCLE CATCH (ONLY RECORD HIGHEST SCORES)

	Team	NUMBER OF CATCHES

BEST SCORE

	Team	NUMBER OF CATCHES

SLSSP Sports Day

Covid Secure Activities

Key Stage 2

5 x Track Events

Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

SLSSP Sports Day
Covid Secure Activities

KEY STAGE 2 TRACK RESULTS CARDS

SPORTS DAY TRACK RESULT KS2		
EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

SPORTS DAY TRACK RESULT KS2		
EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

SPORTS DAY TRACK RESULT KS2		
EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

SPORTS DAY TRACK RESULT KS2		
EVENT NAME		
HEAT / FINAL		
1ST		
2ND		
3RD		
4TH		
5TH		
6TH		
7TH		

SLSSP Sports Day

Covid Secure Activities

Key Stage 2

5 x Field Events

Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

SLSSP Sports Day
Covid Secure Activities

KS2 FIELD CARD – HULA HOOP (ONLY RECORD HIGHEST SCORES)

Child Name	Team	Hula Time

BEST SCORE

Child Name	Team	Hula Time

SLSSP Sports Day
Covid Secure Activities

KS2 FIELD CARD – NETBALL SHOOTING (ONLY RECORD HIGHEST SCORES)

	Team	Number of goals

BEST SCORE

	Team	Number of goals

SLSSP Sports Day
Covid Secure Activities

KS2 FIELD CARD – FOOTBALL THROW (ONLY RECORD HIGHEST SCORES)

Name	Team	DISTANCE

BEST SCORE

NAME	Team	DISTANCE

SLSSP Sports Day
Covid Secure Activities

KS2 FIELD CARD – STANDING L. JUMP (ONLY RECORD HIGHEST SCORES)

Name	Team	DISTANCE

BEST SCORE

Child Name	Team	DISTANCE

SLSSP Sports Day
Covid Secure Activities

KS2 FIELD CARD – HOWLER THROW (ONLY RECORD HIGHEST SCORES)

Name	Team	DISTANCE

BEST SCORE

Name	Team	DISTANCE