

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

40 metre Sprint Run

Instructions

To run as fast as you can to the finish line, marked 40 m away from the start.

Wait for the command 'On your Marks, Get Set, Go' then race to the finish.

Layout 40 METRES

S X F
T X I
A X N
R X I
T X S
H

Scoring

Record placings by lining children up in order and select the 1st and 2nd place runners to run off in a Final Sprint.

Equipment

Marked straight track – either using lines or cones and a rope for children to run through at the finish.



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SLSSP
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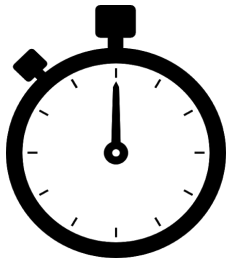
SPEED BOUNCE

Instructions

Place a line on ground, either using a skipping rope or cones.

How many 2 footed jumps can you do in 30 seconds. Bend knees and arms for balance.

Layout



Scoring

Record the number of 2 footed jumps over the line in 30 seconds.

Equipment

Stopwatch, skipping rope/cones



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SLSSP
Sports Day
Covid Secure Activities

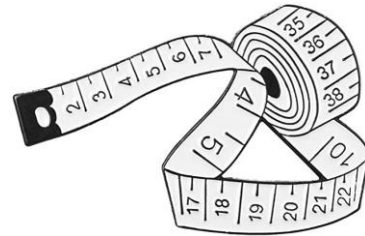
STANDING LONG JUMP

Instructions

Place a gym mat on the ground or use a soft surface, like on the field.

How far can you jump away from the starting point using your arms and legs together. Try to land on your feet, bend your knees on landing.

Layout



Scoring

Place a tape measure down the side of the jumping area and measure to the back of the heels or the nearest point to the start.

Equipment

Mat, Tape measure, cones



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SLSSP
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Covid Secure Activities

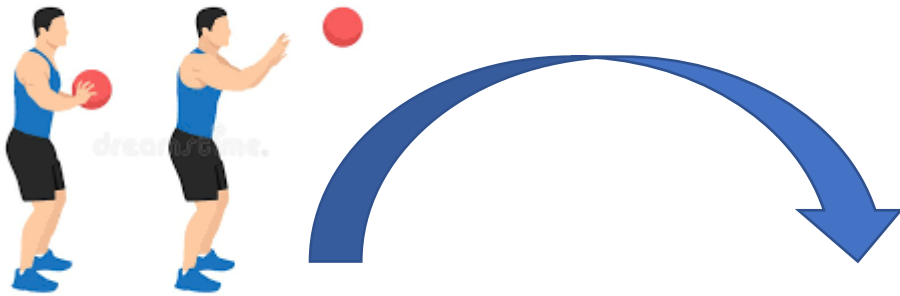
CHEST PUSH THROW

Instructions

How far can you throw a basketball from your chest whilst standing?

Grip ball at the sides, bend elbows and push throw as far as possible.

Layout



Scoring

Lay a tape measure down the side of the throwing area.

Record the distance in meters to where the ball lands. Coloured cones could also be used as markers.

Equipment

Basketball, Tape measure, cones.



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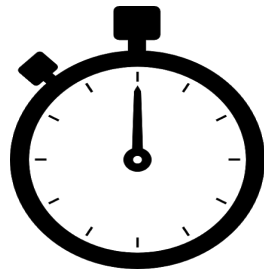
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Sports Day
Covid Secure Activities

RELAY RUN

Instructions

Place cones on track, 20 metres away from the start line. One cone for each team racing. Teams to line up one behind the other at the start line.

Children take it in turns to run with a baton or ball around the cone and back before handing over to the next in line. Each child runs twice each before team sits down in line for a placing



Scoring

Either time and record each team or put teams in place order and select the top 2 or 3 teams to run a final.

Alternatively record how many laps teams can complete in 2 minutes using the 20 metre distance.

Equipment

Cones, stopwatch, baton or ball.



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SLSSP
Sports Day
Covid Secure Activities

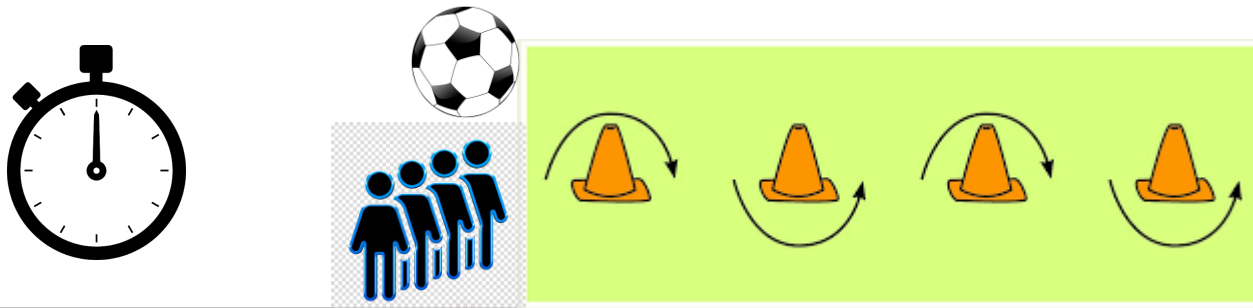
FOOTBALL DRIBBLE SLALOM

Instructions

Place 5 cones in a straight line 2 metres apart, for each team.

In teams, children take it in turns to dribble the football around the cones and back before passing the ball to the next in line. Dribble the ball with control by using the inside and outside of foot to keep close to the cones.

Layout



Scoring

Record how long it takes for each team member to dribble around the slalom course and back.

Equipment

5 cones per team, footballs, stopwatch.



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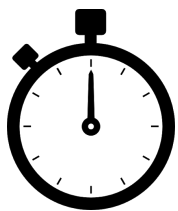
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Sports Day
Covid Secure Activities

BEAN BAG BALANCE RELAY

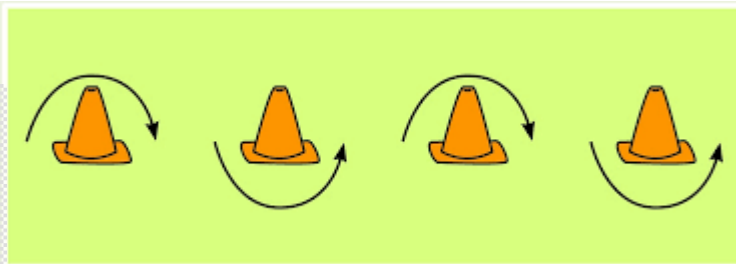
Instructions

Place 10 cones or spots 1 metre apart in front of each team.

Each team has one bean bag to balance on top of head whilst weaving in and out of the cones either walking or running. If bean bag falls on floor, pick it up, balance on head and continue. Keep upper body steady and head in a flat position.



Layout



Scoring

Record how long it takes for each team member to dribble around the slalom course and back.

Equipment

10 cones per team, bean bags, stopwatch.



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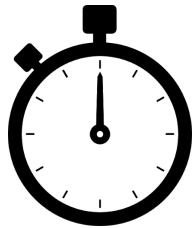
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Sports Day
Covid Secure Activities

OVER AND UNDER TEAM RELAY

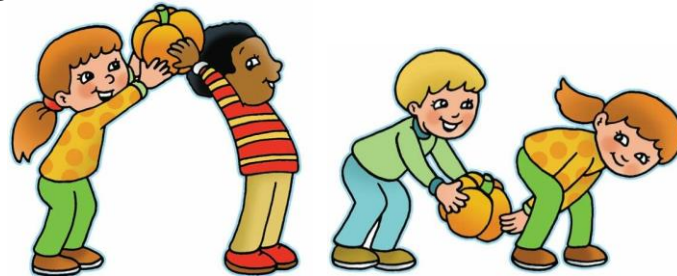
Instructions

Teams to stand in a line 1 metre apart, all facing the front, start line. First person starts with ball and feeds it over head to number 2. That person feeds the ball through legs to the next in line, who will then deliver ball overhead.

The ball travels over and under the line of children to the last one in line, who then runs with ball to the front. Everyone shuffles down one place and the relay is continued until the whole team returns back to their original start position.



Layout



Scoring

Record how long it takes for each team to complete the over and under relay.

Equipment

Large soft balls, stopwatch.



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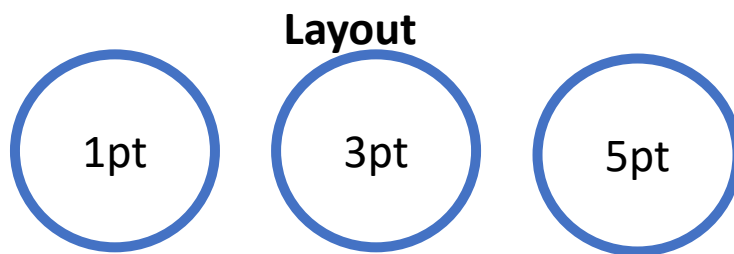
SLSSP
Sports Day
Covid Secure Activities

BEAN BAG TARGET THROWING

Instructions

Place 3 hoops in a line. The 1st hoop is 3 metres away from start, the next 2 are 1 metre distance apart. (distances can be adapted to suit ability)

Children line up in teams and take it in turns to see how many points they can get each time with 3 bean bags to throw. Once they have thrown 3, they run and fetch and hand to next in line. This is timed over 1 minute so children can have as many goes as time allows.



Scoring

Points are awarded for getting the bean bag in the hoop. 1 point for the 1st hoop, 3 points for the 2nd hoop, 5 points for the 3rd hoop.

Equipment

3 hoops, 3 bean bags for each team. A starting cone and stopwatch.



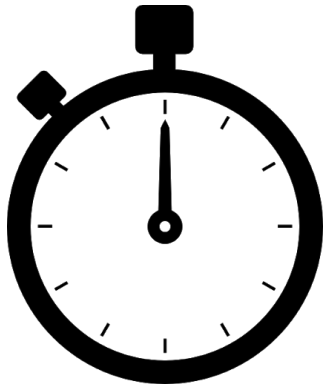
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Sports Day
Covid Secure Activities

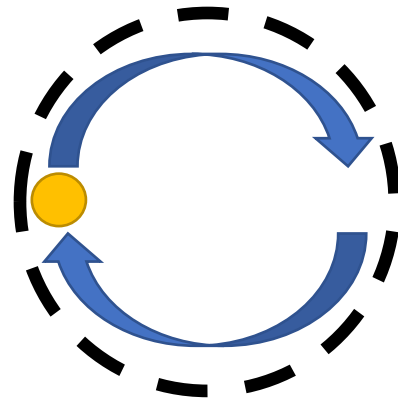
TENNIS BALL CIRCLE CATCH

Instructions

Teams form a circle with children standing 1 metre apart. The aim is to throw a tennis ball around the circle, continuing for 1 minute. Use an under arm swing action and if the ball drops, pick up and continue.



Layout



Scoring

How many catches can your team get in 1 minute?

Equipment

Stopwatch, 1 Tennis ball per team.



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Sports Day
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