

SLSSP
Sports Day
Covid Secure Activities

Key Stage 2
10 x Track Events



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

40M Sprint

Instructions

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

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

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 in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished.

Equipment

**Marked running track – either with lines or cones
Clearly defined finish line**



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

40M Sprint 2 laps

Instructions

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

Then Sprint as fast as you can to the end of the 40m track, then turn around and sprint back to the start line.

Layout 40 METRES

S & F x T
T I x U
A N x R
R I x N
T S x
H

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

**Marked running track – either with lines or cones
Clearly defined finish line**



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

40M Sprint 4 Laps

Instructions

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

Then Sprint as fast as you can to the end of the 40m track, then turn around and sprint back to the start line. Once again turn around and complete these steps again

Layout

40 METRES

S & F x T
T I x U
A N x R
R I x N
T S x
H

Complete Circuit Twice

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones
Clearly defined finish line



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

Pairs 40M 8 Lap

Instructions

This race will be a pairs event
 Wait for the command ' On your Marks, Get Set, Go' then race to the finish.
 Then Sprint as fast as you can to the end of the 40m track, then turn around and sprint back to the start line. Pass the baton to your partner who will do the same.

Layout 40 METRES

S & F x x T
 T I x x U
 A N x x R
 R I x x N
 T S x x
 H

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones
Clearly defined finish line
Baton



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



4x80m relay

Instructions

Pupils will be in teams of 4

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

Then Sprint as fast as you can to the end of the 40m track, then turn around and sprint back to the start line. Pass the baton to your partner who will do the same.

The race will be complete after every member of the team has completed the 80m

Layout

S & F x x x x T
T I x x x x U
A N x x x x R
R I x x x x N
T S x x x x
H Each member of the team runs 40m and back

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones
Clearly defined finish line
Baton



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

4x80m obstacle relay

Instructions

Pupils will be in teams of 4

Wait for the command 'On your Marks, Get Set, Go' then race to the finish. Then Sprint as fast as you can to the end of the 40m track dodging and jumping the obstacles, then turn around and sprint back to the start line. Pass the baton to your partner who will do the same.

The race will be complete after every member of the team has completed the 80m

Layout

S & F x x x x T
T I x x x x U
A N x x x x R
R I x x x x N
T S x x x x
H Each member of the team runs 40m and back

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones

Clearly defined finish line

Baton

Obstacles (Hurdles etc)



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

Football Dribble Relay

Instructions

Set out a line of cones around 2 meters apart

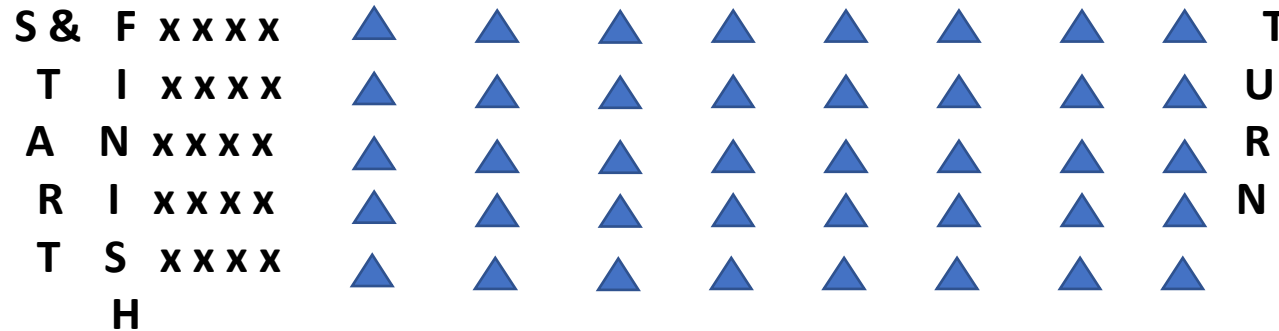
Pupils will be in teams of 4

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

The dribble the football in between the cones and back. Pass the ball to your teammate and they do the same.

This will be repeated until all 4 members have completed the relay

Layout



Each member of the team runs 40m and back

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment
Cones
Football



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

Egg and Spoon Relay

Instructions

Pupils will be in teams of 4

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

Then Sprint as fast as you can to the end of the 40m track balancing the egg on the spoon, then turn around and sprint back to the start line. Pass the egg and spoon to your teammate and they will do the same. If you drop the egg put it back on the spoon and carry on. The race will be complete after every member of the team has completed the 80m

Layout

S & F x x x x T
T I x x x x U
A N x x x x R
R I x x x x N
T S x x x x
H Each member of the team runs 40m and back

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones

Clearly defined finish line

Egg & Spoon or Tennis racket & Ball



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



Skipping rope relay

Instructions

Pupils will be in teams of 4

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

Then skip as fast as you can to the end of the 40m track balancing, then turn around and skip back to the start line. Pass the skipping rope to your teammate and they will do the same. The race will be complete after every member of the team has completed the 80m

Layout

S & F x x x x T
T I x x x x U
A N x x x x R
R I x x x x N
T S x x x x
H Each member of the team Skips 40m and back

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones
Clearly defined finish line
Skipping rope



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

Sack Race

Instructions

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

Then jump as fast as you can in your sack to the finish line, marked 40m away from the start line

Layout

S & F x x x x T
T I x x x x U
A N x x x x R
R I x x x x N
T S x x x x
H

Each member of the team jumps 40m in their sack and back

Scoring

Record placings by lining children in order they finished the race.

You could give each pupil a number after they complete the race with the place they finished

Equipment

Marked running track – either with lines or cones
Clearly defined finish line
Sacks



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

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

Timed Hula Hoop

Instructions

Time how long pupils can hula hoop without the hoop hitting the floor

Layout



Scoring

Record the time in which the pupils were hula hooping before the hoop hit the ground

Equipment

Hula Hoop
Stop watch



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

Netball Shot

Instructions

See how many goals pupils can score in a set number of time (your choice for timings) when shooting into a netball post.

This is a team event so pupils should take it in turns to shoot at the post from 1 metre away, one after another.

Layout



Scoring

Record the number of goals scored in the time limit

Equipment

Netball
Netball post



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

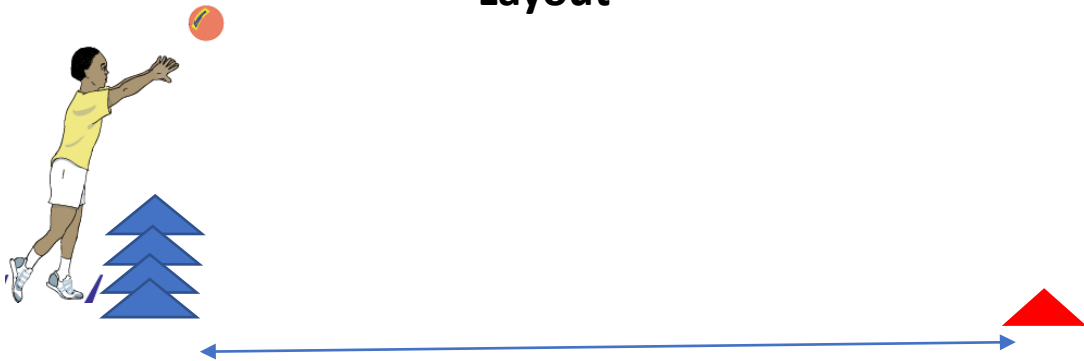
Football Overhead Throw

Instructions

Pupils should throw a football overhead, using a football throwing technique as far as they can.

Place a cone where the ball originally landed (Not where it rolls to) and measure the distance between the throwing line and the cone

Layout



Scoring

Record the distance each pupils throws the football

Equipment

Throwing line
Cones
Tape measure
Football



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

Standing Long Jump

Instructions

Mark a jumping line with cones

Stand behind the line on two feet, with your toes up to the line

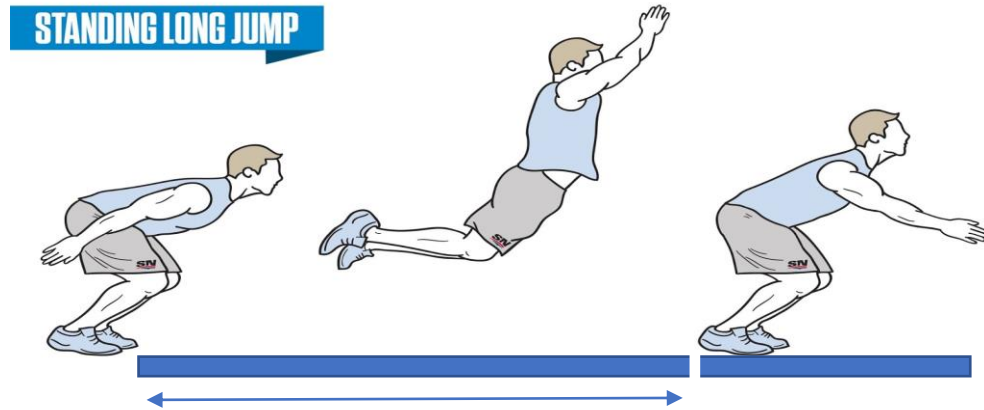
Crouching down and using your arms and legs jump horizontally as far as possible

landing with both feet on the ground onto the mat

Have an assistant mark the back point of your foot where you landed on the mat with cone

Measure the distance jumped from the jumping line to the cone

Layout



Scoring

Record how far each pupil jumps

Equipment
Cones
Measuring tape



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

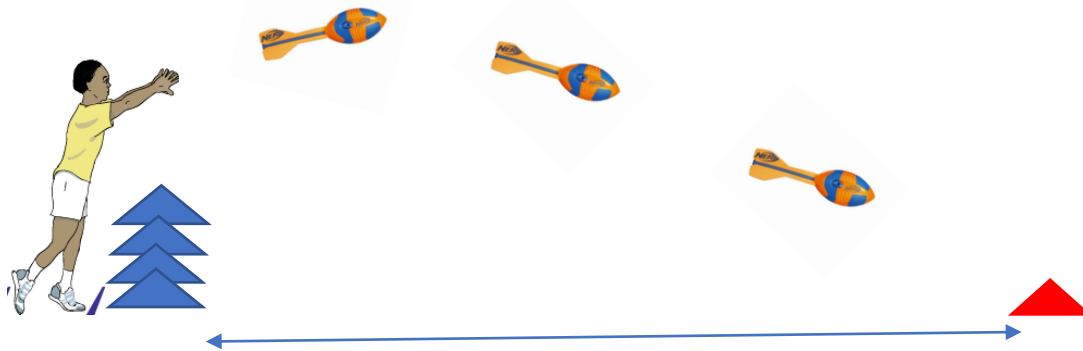
Vortex Howler Throw

Instructions

Pupils should throw a football vortex howler, as far as they can.

Place a cone where the howler originally landed (Not where it rolls to) and measure the distance between the throwing line and the cone

Layout



Scoring

Record the distance each pupils throws the howler

Equipment
Vortex howler
Cones
Measuring tape



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