

Monday 29th June 2020

Dear Parents /Carers,

Re: Goosewell Primary Academy Virtual Sports Event

Normally, at this time of year, school would be filled with educational visits and important sporting events. Unfortunately, due to current circumstances this is not the case!

However, I would like offer an exciting alternative: welcome to the Goosewell Primary Academy Virtual Sports Event, with the help of Sportshall.org, Active Devon and the Devon School Games Organisers.

The event will be available virtually; it is suitable to do at home, in your backyard / garden or at school with five different challenges for you to enter. **The event will be open all week, from the 13th July, so complete at your own pace and get the whole family involved!**


The Goosewell Primary Academy Virtual Sports Event is comprised of **five athletic challenges**, which you can do at home or at school. There will be five fun challenges: Shuttle Run, Standing Long Jump, Vertical Jump, Speed Bounce and Target Throw. **Each challenge has a detailed description (below) or a QR code to scan; taking you to helpful demo video.**

Before you start, you will need the following:

- Someone to help score/photograph/video you
- A print out of the score card (below)
- Paper and pen to write down your scores
- Stopwatch (or a phone that can record seconds and tenths of a second)
- 'Wedge' (e.g. rolled up towel/kitchen rolls/toilet roll)
- Tape measure or ruler
- 3 balls (rolled up socks/tennis balls/soft toys)
- A 'bin -type' target (bin/washing basket/bucket/cardboard box)

1. **Shuttle Run** – The time taken to complete 20 x 5 metre shuttles. Recorded in seconds and tenths of seconds. Start the clock on go and stop the clock when the runner finishes passed the final shuttle. Record the time in seconds and tenths. Always round 100ths up (e.g. 10.73 = 10.8 seconds, 11.96 = 12.0 seconds).

20 x 5m Shuttle Run



Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

PLEASE USE A FLAT / DRY SURFACE



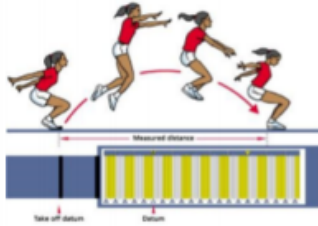
2. **Standing Long Jump** – Starting from behind zero cm, (taking off with 2 feet and landing on 2 feet) jump as far as you can, with the closest landing point to your starting line being your recorded score. For example, the back of the foot, or hand if you have fallen backwards. Record your score in centimetres (round to the nearest whole cm).

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

PLEASE USE A FLAT / DRY SURFACE

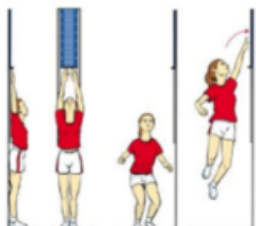
Standing Long Jump



3. **Vertical Jump** – Stand with your back to the wall with your arms fully extended and make a mark at this height. Then jump up and touch the tape measure/ or [printed sheet](#) as high as you can. The completed jump height is measured in whole centimetres. Your recorded score (round to the nearest whole cm) should be the difference between your height with arms extended and the height you reached when you jumped and touched the wall.

Vertical Jump Scale Print Out - <http://www.sportshall.org/wp-content/uploads/2020/04/Vertical-Jump-Home-Scale.pdf>

Vertical Jump



The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.


Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.



4. **Speed Bounce** – Total number of two footed jumps over your 'wedge' completed in 20 seconds.

Speed Bounce



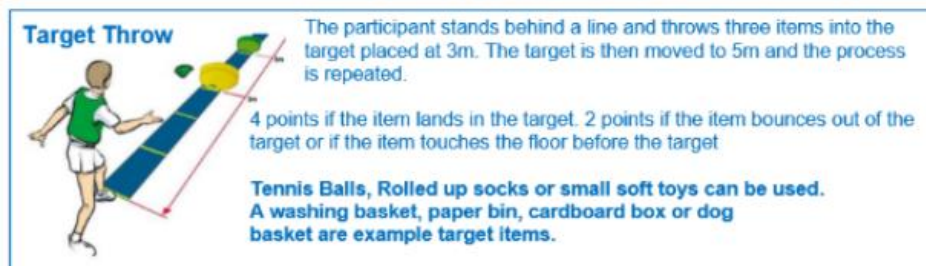
The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.



5. **Target Throw** – Having placed a target (bucket, wastepaper bin, box) 3 metres away, you will throw 3 objects trying to land your objects in the target. After you complete this, the target should be moved 2 metres further away to a total distance of 5 metres from your start line. You score **4 points** if the object lands in the target and **2 points** if it lands in the target and bounces out, or if it hits the floor before landing in the target, e.g. skidding or bouncing into the target.



Use the score card attached, to keep track of your trial scores but do not forget to complete the online form to submit your **best score in each of the challenges**.

Once you have completed the five challenges, I would like you to enter your results on this online form:



CLICK HERE

We are asking for the information below to be completed on the link above:

- First Name (s)
- Last Name Initial
- Gender
- Year Group

Record your best result for each challenge:

- Shuttle Run
- Target Throw
- Vertical Jump
- Speed Bounce
- Standing Long Jump
- Share photos/videos on Goosewell Academy's social media pages using the hashtag

#goosewellvirtualsportsday



I am very much looking forward to seeing everyone having fun and competing against each other, family members and the wider Goosewell Academy community.

Best wishes

Miss Thomas

PE Lead Teacher








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GOOSEWELL PRIMARY ACADEMY VIRTUAL SPORTS EVENT

Name.....Year.....

<u>CHALLENGE</u>	<u>YOUTUBE VIDEO EXAMPLE</u>	<u>UNIT OF MEASURE MENT</u>	<u>TRIAL 1</u>	<u>TRIAL 2</u>	<u>TRIAL 3</u>	<u>TRIAL 4</u>	<u>TRIAL 5</u>	<u>BEST TIME, DISTANCE or POINTS</u>
Shuttle Run		Seconds (Rounded to the nearest tenth e.g 10.7cm)						
Standing Long Jump		Centimetres (nearest whole cm)						
Vertical Jump		Centimetres (nearest whole cm)						
Speed Bounce		Number of completed bounces						
Target Throw		Points						