



BISHOP MILNER PE



VIRTUAL SPORTS DAY!




Monday 22nd – Friday 26th June 2020





Welcome to the Virtual Sports Day!



- The PE department have put together a Virtual Sports Day for teachers and students to take part in at home!
- Like any other sports day, you will be competing against all the other houses to see who will be crowned winners of Bishop Milner Catholic College Sports Day 2020!
- There are 10 challenges for you to take part in. Each slide will show a different challenge that will require little or no equipment. All are really easy so everyone can take part!
- If you only want to take part in some challenges and not all then that is fine but just remember more challenges = more points!
- **Once you have completed the challenge, click on the yellow link and this will take you to a Microsoft Form. Simply log in, fill out the information, enter your score and submit the form. If for any reason this does not work, please email your PE teacher with your: Name, Form, House and Score.**
- The PE department will be keeping track of scores and adding up points. We will submit the best scores to Facebook so go and follow us and keep your eyes peeled! 

Welcome to the Virtual Sports Day!

- You have the whole week to complete 10 challenges and upload your scores. There is no time limit for when you need to complete each challenge as long as they are all done and submitted by Friday 26th June 3pm.
- **We advise that you complete all the challenges first and then upload your scores at the end.**
- For each challenge you need to submit a piece of evidence so that we know you have taken part fairly. This could be a photo of your time/distance or a short video so make sure you have an electronic device handy!
- We will show videos on our BMCC Facebook account showing how to do each challenge if you are unsure and will also post photos of other staff completing the challenges so make sure you have a look!
- We will also be awarding house points for the best scores/pieces of evidence.
- Results will then be shared on the BMCC Facebook page and on the school website at the end of the week.

**GOOD LUCK AND MAY THE BEST
HOUSE WIN!!**

Before you take part!

It is really important you do the following before you take part:

- A warm up – You have all been taught the importance of warming up in PE.
Make sure it includes a pulse raiser and stretches to warm your joints and muscles!
- Check the environment around you
Do you have enough space? Do you need to clear some things away to make the space safer? Are there any wires/objects you could trip over?
- Make sure you are wearing sensible footwear - We advise you wear trainers to protect your feet and give you the most grip!



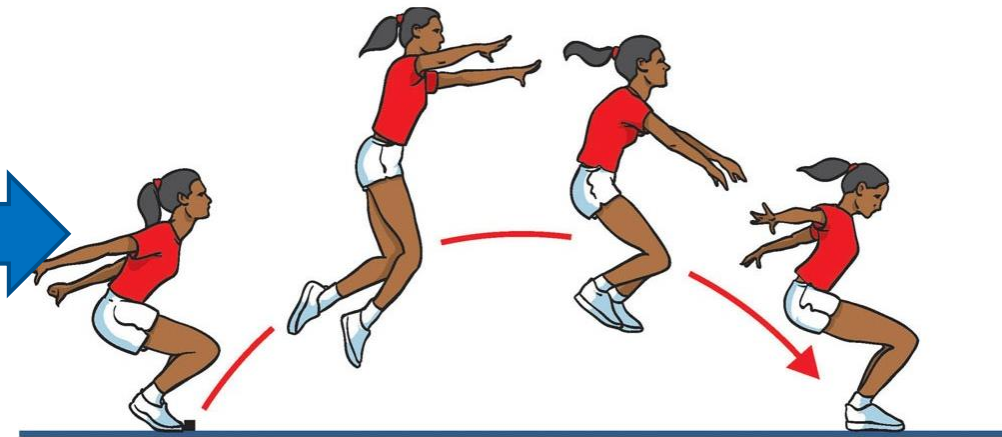
Challenge 1 – Standing Long Jump

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. You have three attempts to see how far you can perform a **STANDING** long jump then upload your best score.



TECHNIQUE

1. Stand with both feet shoulder width apart, parallel to the start line.
2. Squat deeply and swing your arms backwards.
3. Jump from 2 feet and land on 2 feet.
4. Measure from behind your heel.



Challenge 2 – Standing Shot Put

1. Find a tape measure and set it up anywhere in your house or garden (as seen below in the photo)
2. Create a start line. This could be a line of pegs, shoe, towel or item of clothing
3. Make your shot put – this could be a tennis ball or ball made out of socks.
4. You have three attempts to see how far you can throw your shot put and then upload your best score.



TECHNIQUE

1. Stand sideways on
2. Chin, knee and toe all in line
3. Pushing action not a throwing action
4. Transfer body weight from back to front
5. Measure from where the shot put FIRST lands.



Challenge 3 – 1 minute Keepie-Uppies

1. For this challenge you are going to need a ball – you could use a football, balloon, ball made out of socks or a toilet roll.
2. Using a stopwatch/phone, time how many keepie-uppies you can do in 1 minute.
3. If you drop the ball, pick it up and carry on from where you left off until the time runs out.



TECHNIQUE

1. Kick the ball using your laces
2. Keep your eye on the ball
3. Maintain an upright posture



Challenge 4 – Stork Stand Balance

1. Create the Stork Stand balance position shown below
2. Time how long you can maintain this position until you become imbalanced and fall over
3. Whatever time you get to, will be your score.

TECHNIQUE

1. Stand with hands on hips
2. Place the sole of one foot against the side of the kneecap on the other leg
3. Look straight ahead and focus on one point



Challenge 5 – 1 minute Sit Ups

1. For this challenge you need an empty floor space. You may want to cushion your back with a resistance mat or towel
2. You have 1 minute to see how many sit ups you can do.
3. PLEASE NOTE: This is a sit up challenge and NOT a crunch challenge so you need to come all the way up to your knees!

TECHNIQUE

1. Lie on the floor with your knees bent and feet firmly on the ground.
2. Cross your arms or put your hands to the side of your head
3. Keep your core tight and come up all the way to your knees



Challenge 6 – Speed Bounce

1. Create a speed bounce – this needs to be something you can jump over.
2. You could use a rolled up towel, a pillow or line of toilet rolls.
3. Time how many times you can jump over your object in 1 minute.
4. Each jump over the object counts as 1.

TECHNIQUE

1. It is a two footed jump – 2 feet to 2 feet
2. Bring feet as high as possible
3. Look at your feet for guidance
4. Must jump over the object and try not to touch it



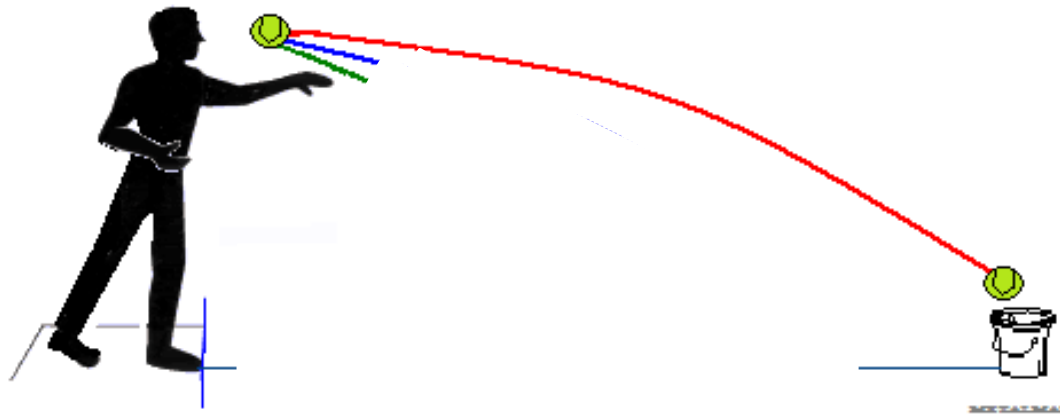
Challenge 7 – 4m Ball Throw

1. For this challenge you need a tape measure to measure out 4m.
2. Create a start line at one end, measure out 4m then place a bucket, washing basket or washing up bowl at the end.
3. Your challenge is to stand at the start line and see how many times out of 10 you can throw a ball and land it in your bucket. Your ball could be a tennis ball, soft ball or a ball made out of socks. Your score will be recorded out of 10.



TECHNIQUE

1. Have your eye on the target
2. Could use your non throwing arm to aim at the target
3. Opposite leg forward to the throwing arm



Challenge 8 – Plank Challenge

1. For this challenge you need an empty floor space. You may want to cushion your elbows with a resistance mat, towel or item of clothing.
2. Adopt the plank position shown below.
3. Using a stop watch/phone time how long you can hold this position for. Whatever time you can get to before stopping will be your score.

TECHNIQUE

1. Elbows and hands touching the floor
2. Body needs to stay in a straight line. Hips must not be too low, bum must not be too high
3. Tight core



Challenge 9 – Tennis Ball Bounce

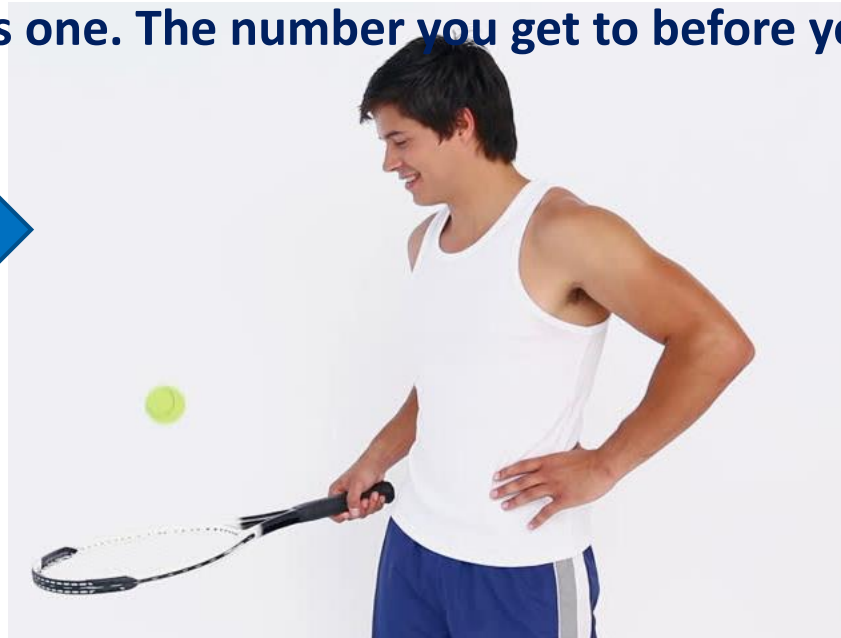
1. For this challenge you need a tennis racket and a tennis ball. If you don't have either of these a frying pan and a ball made out of socks will work just as well!
2. Your challenge is to see how many times you can bounce the ball on the racket without it falling off.
3. Every time it hits the racket it counts as one. The number you get to before you drop the ball will be your score.



TECHNIQUE



1. Keep your eyes on the ball
2. Keep the ball in the middle of the racket.
3. Don't bounce the ball too high or too low



Challenge 10 – Burpees

1. For this challenge you need an empty floor space and a positive mind set as this challenge is a killer!
2. Your challenge is to see how many burpees you can do in 1 minute.
3. You must do a complete burpee (shown below) for it to count as 1. No cheating!

TECHNIQUE

1. Start standing up
2. Jump down to the floor in a tuck position
3. Kick your legs out into a press up position
4. Bring your legs back into a tuck position
5. Jump up and start again



<https://forms.office.com/Pages/ResponsePage.aspx?id=PMtEwvoHRUSAIY7N9GE2dDBjXjMNXCxCvcEFxwqPFNNUMzhSMVJMSVkoTk5QTIUxNExZWVISOo8wQi4U>

Click here to
upload your
scores to the
PE
department!