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Article 3:

Everyone that works with children should do the best for them

Sunday 21st June 2020

Dear parent /carer,



Cwmnedd Primary School – Virtual Sports Day



As mentioned a few weeks ago, **National School Sports Week** started yesterday and runs until Friday 26th June 2020. As this week would have seen us holding our own Sports Day in school, Mr Farley has put together a timetable of activities for both children, families and staff to take part in during the week.

Every year, Youth Sports Trust and Sky Sports run a National School Sport Week campaign. The role of the campaign is to celebrate the role of Physical Education and school sport. This year the campaign has become the National School Sport Week at Home campaign (#StayHomeStayActive).

With this in mind, we have decided to run a Virtual Sports Day Week to celebrate the power of sport and bring people together. We are inviting every pupil to take part in our Virtual Sports Day this year.

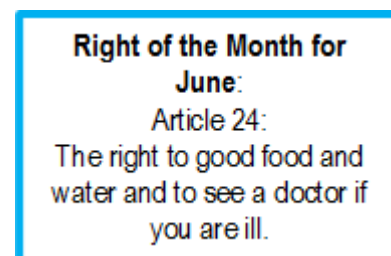
To access our Virtual Sports Day, your child will need to access Microsoft Teams. This can be found by them logging into their Hwb account and selecting Office 365. There is a **Week 9 Virtual Sports Day Resources folder** set up in each class Teams area. This Folder contains a timetable which shows the daily activities and events for our families to complete. Staff have begun to record themselves completing some of the suggested activities and these videos are available for your child to watch and enjoy on Microsoft Teams. **The timetable is attached to this letter.**

After recording their own video, the pupils can then choose to upload their own attempts onto just2easy on Hwb or can upload them to Twitter tagging us @CwmneddPrimary1 with the hashtag #NSSWtogether. Pupils can complete any of the activities on the suggested timetable or complete a classic Sports Day event (e.g. Egg & Spoon race, Sprinting etc races, Sack Races).

There is a tutorial video to show you how to access Teams and the Virtual Sports Day tab and to show how to upload videos onto just2easy on Hwb here: <https://youtu.be/fVAbw4pW1FY>

I hope that you and your child will have some fun taking part in our Virtual Sports Day Week – let's all get active!

Thank you as always for your support,
Best wishes,
Miss S A Harwood
Headteacher



Suggested timetable for National School Sport Week

	Rules	Equipment needed
Day 1 Athletics Speed Bounce – How many times can you jump side to side in 60 seconds? Can you beat your score?	<ul style="list-style-type: none"> Find a safe and wide area Ask someone to start the timer Jump from side to side for 60 seconds. You can count the jumps yourself or get someone to count for you Each player can have 3 (or more) goes to try and improve their score. The player with the most jumps in 1 minute is the winner. <p>Easier? Alter the time limit. Harder? Turn it into a burpee challenge.</p>	<ul style="list-style-type: none"> An area to jump safely A stopwatch A person to count the jumps Paper/pen if you are recording scores
Day 2 Aiming Sports In the Box – Throw an object (e.g. ball/beanbag) into a box from a set amount of distance away.	<ul style="list-style-type: none"> Lay out 3 boxes (or something similar) in a row Players must throw 3 steps back from the first box If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points Each player has 3 throws. The player with the most points at the end of the game is the winner. <p>Easier? Less steps back from the first box or more boxes Harder? More steps back from the first box or less boxes.</p>	<ul style="list-style-type: none"> A ball/bean bag 2-3 boxes Paper/pen if you are recording scores
Day 3 Team Sports Super Session – There is a video for you to follow here and try throughout the day!	<p>Please see the YouTube link below for today's activity! https://www.youtube.com/watch?v=4WS4NOjwggE&feature=youtu.be</p> <p>(This is a 15 minute video so you can take a break in between activities to get new equipment, go back to a part you enjoyed or have a little rest!)</p>	<p>Lots of equipment needed for this one including:</p> <ul style="list-style-type: none"> Socks Toilet roll/football A (clean) bin
Day 4 Adventure Sports Orienteering Challenge – Create a treasure hunt in your own home, garden or local surroundings!	<ul style="list-style-type: none"> Write down a list of everything you are going to hide and where you are going to hide them (just in case you can't find them later!) Write some clues to give to the person who is trying to find the treasures! <p>Easier? More clues! Harder? Harder clues or smaller treasures.</p>	<ul style="list-style-type: none"> Treasures (this could be anything but make sure it isn't too valuable) Pen/paper
Day 5 Artistic Sports Disney Dance Along – Dance along to a Disney song!	<ul style="list-style-type: none"> Pick any Disney song and... dance! If you can't think of any, here are some ideas: <p>https://www.thisgirlcan.co.uk/activities/disney-workouts/</p>	<ul style="list-style-type: none"> Something to play a Disney song on! An open space
Bonus activity 1 Athletics Nutty Squirrels - as a team or individually, how many items can you collect? Individual – time limit mode Team – when all the items have gone.	<ul style="list-style-type: none"> Set up the game with the 'forest floor' mat in the middle of a spacious area Place the 'tree' mat/hoops an equal distance away from the 'forest floor' Each player is a squirrel and the balls/bean bags are 'nuts' Each player has to collect as many nuts as they can and return them to the tree (one item at a time) <p>Easier? Closer 'tree' or younger players can pick up more than one nut at a time. Harder? Make it a timed game – players can steal nuts from other trees! Play for a decided amount of time.</p> <p>To watch an example here is a video: https://www.youtube.com/watch?v=WFaoEe9xxK8</p>	<ul style="list-style-type: none"> Small mat/hoop area for the 'forest floor' A mat/hoop for each person's 'tree' Soft items (balls, bean bag)
Bonus activity 2 Wacky races – Make your own obstacle course! Use things you find around the house or in the garden. To keep you safe, make sure an adult checks the obstacle course before you start!	<p>Mark out a start and finish line using an object to mark out these points.</p> <p>Think of different ways you could move from the start to finish. Can you move on your hands and feet? Can you move backwards? What is the quickest way of moving? What is the slowest way of moving? Can you race against a partner using the different ways of moving?</p> <p>Easier? Have less obstacles or more time. Harder? Have more obstacles or a time limit.</p>	<ul style="list-style-type: none"> Obstacles (e.g. chairs, tables) Stopwatch if you want to time it Pen/paper to write your times down if you want to do it more than once!