



St Francis Sports Day 2020



St Francis Sports Day 2020 is happening on 20th May.

While sports day will look a little different from our school based sports day, it will still be just as fun. We will have most of our regular races and some extra fun activities. This is a voluntary day of fun where you can choose which races and activities you would like to take part in! Compete against your family members and yourself, try and beat your own scores! Take pictures and videos of yourself competing in each event! Don't forget to send your results to your teachers by filling out your virtual score card!

Foundation Phase events are as follows:

- 1. A sprint - Record your fastest time into our online score card. This activity can be done on your daily walk or even in your back garden. To make things more interesting you could even race your family. Remember to record your score in the virtual score card.*
- 2. Hopping - This activity involves you hopping on one leg. How many hops can you do in 30 seconds, You need to keep hopping on the same leg, you cannot change legs! Remember to record your score in the virtual score card.*
- 3. Bucket and Water challenge - For this activity you will need two containers, one full of water and one empty, you will also need a sponge. What you will have to do then, in 2 minutes, is to see how much water you can get into the empty bucket using the sponge. You will need to do this by running back and forth from the buckets and squeeze the water logged sponge into the empty bucket. You will have 2 minutes to do this. Remember to record how much water you have in the score card.*
- 4. Obstacle course race - You will need to create an obstacle course. You will need four elements to your obstacle course, one being an egg and spoon race and one being a throwing to a target, the other two elements are up to you. In school we include a fancy dress element too! Remember to record your score in the virtual score card.*
- 5. Jumping - For this activity you will be jumping from a standing position. You will need to remember to use the correct stance before you jump, during the jump and after you jump. You will need to measure how far you have jumped and record in the virtual score card.*