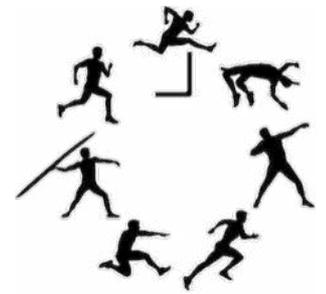


My Sports Day Week

Personal Best Sports Day Events



A set of 5 sport event resource cards and a sports week results and recording table. Designed for a home learning Sports Day, for each day of the week, to try to achieve your personal best in each event.

This resource has been designed to be used in two ways.

Complete all 5 activities every day across the week. Record your scores everyday and identified your personal best for each event.

Or

Focus on 1 event each day. Spend time practising the event and then record your personal best for that day.

Included with the resource:

1. Two record and results tables,
One for all events every day
One for 1 event each day.
2. 5 Event cards, one for each activity
Long jump
Ball throw
Endurance running
Triple jump
Sprint race

My Sports Day Week

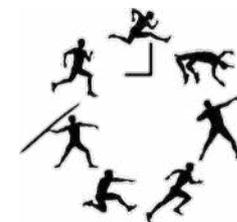
Records and Results – All Events



Event	Day 1	Day 2	Day 3	Day 4	Day 5
Long Jump (Distance in steps)					
Ball Throw (Distance in steps)					
Endurance running (Time in minutes)					
Triple jump (Distance in steps)					
Sprint (Time in seconds)					

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Records and Results – 1 Event per Day



Event	_____
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	

Event	_____
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	

Event	_____
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	

Event	_____
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	

Event	_____
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	

My Personal Best	
1	
2	
3	
4	
5	

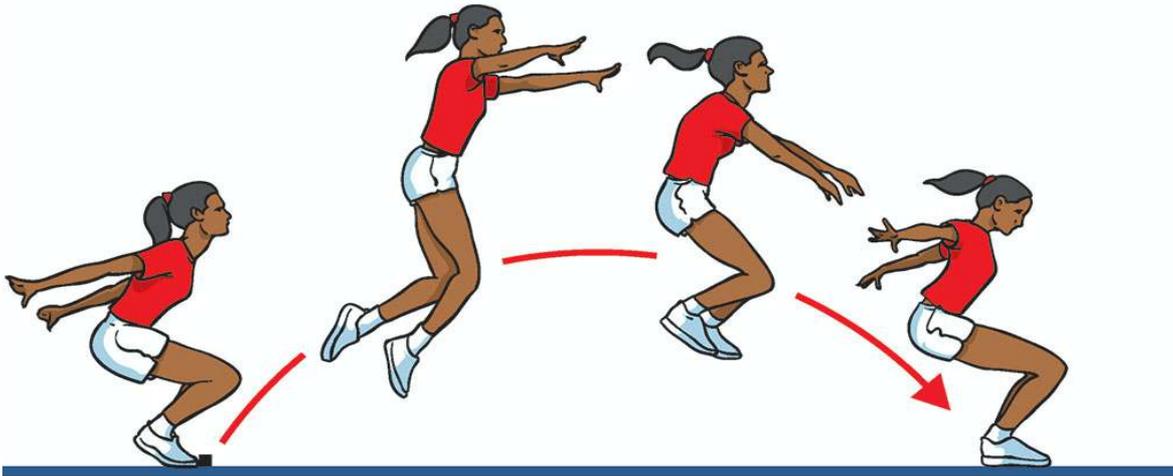
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Event 1 - Long Jump



Instructions:

1. Choose a starting point (take off)
2. Either run and jump or from standing position and jump
3. Measure your distance from your back foot. (In steps)

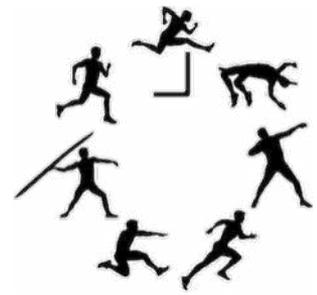


Top tips - Long Jump Technique

1. Consistent run up speed
2. Use a flat foot take off, on your strongest leg
3. In the air thrust your free leg in front of your body as long as possible. Bring your arms forward, as if you are trying to reach for your toes.
4. When landing try to fall forwards or side ways!

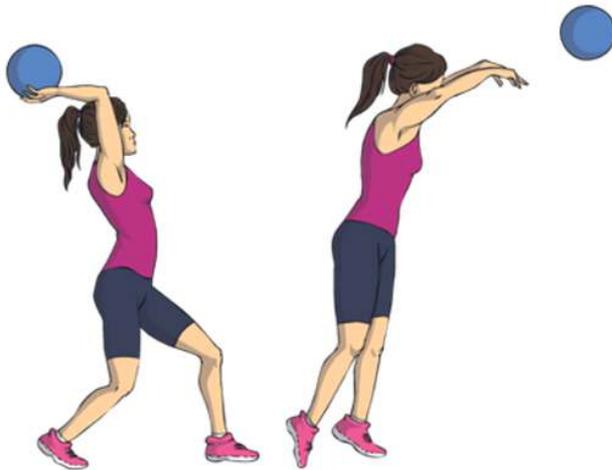
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Event 2 - Large Ball Throw



Instructions:

1. In an open space, decide a throw line
2. From standing position throw the ball (overhead) as far as you can
3. Measure your distance in steps

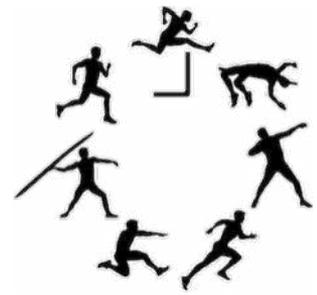


Top tips - Overhead Technique

1. Use both hands, one on each side of the ball
2. Arch your back slightly, Bring the ball up and over your head.
3. Release the ball with a forward flick of the wrists

My Sports Day Week

Event 3 - Endurance Running



Instructions:

1. Decide and agree a suitable run course (playing field, back garden etc)
2. Agree number of laps
3. Run race, record time on stop watch



Top tips - Long Distance Running

When running

- Keep knees slightly bent
- Chest forward, shoulder relaxed
- Head up, eyes focused ahead
- Arms swing close to body
- Middle of foot landing on the ground

My Sports Day Week

Event 5 - Sprint Race



Instructions:

1. Decide and agree a suitable short running course with a start and end point (post to post etc)
2. With a on your marks, get set, go sprint the race
3. Record time on stop watch

Top tips - Sprint Running

When sprinting

- Head up, eyes looking ahead
- Arms swing forwards and backwards
- Stride length long, hips facing forward
- High knees
- Run on balls of feet

