



Our Lady of Grace's Virtual Sports Day

2020

6th July - 10th July

Sports Day is one of the great events in our school calendar so we couldn't let a little thing like a global pandemic stop us from celebrating. However, we have to be safe and responsible, so this year we are going online!

There will be 7 different events/challenges that you can take part in. For each activity that you do ask your parents to photograph or video you and then you will be awarded **5 team points for your house**. Send in your photographs/videos to the class teachers email!

The more activities you enter and send in, the more points you will achieve for your house. The house with the most points at the end of the week wins!

Can't remember what house you are in?

Here are the names and colours of the houses below. The colour of the t-shirt you wear in PE is the colour of your house.

St Matthew	St Mark	St Luke	St John
RED	YELLOW	GREEN	BLUE

If you can wear a t-shirt that's your house colour whilst completing your challenges next week that would be great!

Challenge 1	50 Jumping Jacks	5 points
Challenge 2	30 Shoulder Touch Press-Ups	5 points
Challenge 3	45 Second Plank	5 points
Challenge 4	A 'ski-sit' for 20 seconds	5 points
Challenge 5	Run on the spot as fast as you can for 40 seconds	5 points
Challenge 6	Balance on one leg for 15 seconds	5 points
Challenge 7	Create your own obstacle course and complete it 3 times!	10 points

Please make sure that your photographs or videos are sent in by Friday 10th July so that Miss Molloy and Mr Sigley can

collate the scores. We will announce the winner on Monday the 13th July on the school website!

We really hope that you enjoy are virtual sports day! We look forward to seeing all your entries!

Look after yourself and stay safe!

Mr Sigley ☺