



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

Aim High

Never Give Up

Follow Your Dream

Lead By Example

Dear Parents/ carers,

Sports Day

As the traditional Sports Day Event was impossible this year we would like to invite your son/daughter to take part in a virtual sports day.

This year we will compete in year groups.

As a school we are part of the SOKE partnership who run many events for us throughout the year. They have put together 10 events that can all be done in the comfort of your own home/garden/outdoor space. These have been recorded by staff at AMVC, so each pupil has a demonstration of each activity to help them. Please use this link to access this video... <https://youtu.be/O4T1koN1NK4>

In addition, they are written below.

Sport/exercise	Instructions	Method of measuring
1. Plank	Rest on elbows, bottom down, back should be flat	How long before collapsing?
2. Star Jumps	Explosive-start from a squat	How many in 1 minute?
3. Mountain Climbers	Each leg forward to your elbow counts as 1 exercise. 1 knee forwards counts as 1 point	How many in 1 minute?
4. Sit ups	Full sit up from floor to top of bent knee, hands by your ears (rest your toe under furniture or ask your assistant to loosely hold your toes for support)	How many in 1 minute?
5. Squat Pulses	Use a kitchen chair to help you. Put it just behind you. Make sure your bottom just touches this as you pulse down Bottom must be almost level with your knees-small pulses	How many in 1 minute?
6. Press ups	Full press up. Ensure hands are in line with shoulders. Press up's without the knees are worth double!	How many in 1 minute?
7. Speed run	Run between cones/jumper/flower pot - line to be 5m apart. Each time you get to one end- that is 1 count	How many in 1 minute?
8. Wall Sit	Sit against a wall. 90 degree angle at your knees and hips, straight back against the wall	How long before collapsing?
9. Burpee	Start with a jump, down to press up position, back to feet and jump again	How many in 1 minute?
10. Jumping Jacks	Make sure you get low as you create the jack position-legs apart	How many in 1 minute?

The scores for the 10 events must be uploaded using this form to SeeSaw or emailed to the school office by the 10th July.

Hopefully this ensures you, as parents, can verify the scores and ensure no cheating has taken place!

This gives us time to collate results and award certificates before the Summer holidays.

Miss M Hodgkins
PE Lead

Mrs D Reynolds
Head Teacher

