



SOMPTING ABBOTTS
PREPARATORY SCHOOL

VIRTUAL SPORTS CHALLENGE

2020

Dear Parents and Children,

Normally this summer term, we would be holding our annual Sports Day. As this cannot take place this year, we would like to invite you all to take part in our Virtual Sports Challenge 2020. You'll need to do the activities in either your local park (or garden if you've space).

This is intended as a fun activity and there's no obligation to join in if you or your children do not wish to. We would be delighted to receive as many entries as possible however!

Parents, we would especially like to ask for your support by asking you to help your children with the sports challenge set for their year group and also by filming their efforts with your smart phone.

You'll find all the details below. Please send the film clips of your child/children with their result (distance or time) in an email to marketing@somptingabbotts.org.uk

Please mark your message containing your film clip with your child's name and year group.

Please send your film clips to us by **Monday 29th June**. That gives you two weekends in which to complete your challenges (and practice if you want to!).

We look forward to seeing all your virtual sports challenges! With best wishes,

Mr Stuart Douch,
Headmaster



Pre-Prep Virtual Sports Challenge



PP1: Save Your Toys Race

You'll need a grown-up to film you and record your time. Ask your grown up to measure you out 5m and mark each end with an object. Place six of your favourite soft toys in a pile at one end and a container (eg. washing basket/box) at the other.

When your grown-up says "go!" and begins timing you, start at the end with the toys, grab one and run to the basket as fast as you can and put it in.

Then run straight back and repeat until all six of your favourite toys are safely in your basket. How fast can you do it?!



PP2: Sack Race

You'll need a grown-up to film you and record your time.

Ask your grown-up for an old pillowcase and to measure out 10m for you and mark each end with an object.

When your grown up says "go!" and begins timing, start jumping in your sack. How fast can you jump the distance?

If you fall, don't worry, just get up and keep going!



PP3: Egg and Spoon Race

You'll need a grown-up to film you and record your number of laps, a tablespoon and a hard-boiled egg.

Ask your grown-up to measure out 5m for you and mark each end with an object.

When your grown up says "go!" and begins timing, off you go.

How many 5m laps (or part of) can you do in one minute without dropping the egg from your tablespoon? Don't worry if you do drop it, just send us your best effort!



PP4: Dressing Up Race

You'll need a grown-up to film you and record your time. Ask your grown-up to measure you out 5m and mark each end with an object. At each end, your grown-up should put 3 of these 6 items of clothing (adult size or child size!): a hat, a pair of wellies, a pair of gloves, a scarf, a handbag/shoulder bag and a pair of trousers.

When your grown-up says "go!" and begins timing, off you go. Run to the other end and put on your first item then run to the other end and put on your second item, and back and forth until all six items are on.

How fast can you do the dressing up challenge race in?!

Main School Virtual Sports Challenge



Year 3: Skipping or Jumping Challenge

You'll need a grown-up to film you and record your number of skips/jumps.

How many continuous skips can you do in 1 minute?

You can do this with a skipping rope but if you don't have one or you like jumping more, place a cereal box standing upright on its long side on the ground.

In this case, how many speed bounces over it can you do without stopping in one minute?



Year 4: Ball Agility Challenge

You'll need a grown up to film you and record your number of ball bounces.

Ask your grown ups to lend you a flat bat, swing ball bat or tennis racket and find you a tennis ball.

How many times can you bounce the ball on the pan in 30 seconds?

Tip: use an upside down frying pan if you've not got a racket!



Year 5: Three-Legged Race Challenge

You'll need a grown-up to film you and record your time and someone to race with you (a parent or sibling).

Ask your grown-up to measure out 10m and to mark each end with an object. Ask him or her to put a band (not too tight – you could use something like a winter scarf) around one leg of you and your competitor.

On "go!", you are going to run the 10m length, go round the outside of the marker, and then back to the start. Get up and keep going if you fall. How fast can you do it in?!



Year 6: Standing Long Jump

You'll need a grown up to film you and measure your jumps, a start line (a rope/plank of wood), a measuring tape and a marker (a stone or small object to place where you land).

At the start line, stand with your feet shoulder-width apart with your feet on the start line. When you're ready, dip slightly at the knees then jump forward as far as you can, raising your arms up to propel you forward. Complete 3 attempts and only have your grown up move the marker if you beat your previous jump. Let us know your longest distance in cm.

See this video for technique tips!

https://www.youtube.com/watch?v=yFdHdQ_fXSo

Main School Virtual Sports Challenge



Year 7 and 8: Sprint race

You'll need a grown-up to film you and record your time.

Ask your grown-up to measure out 10m and place a marker at each end. How many lengths can you do in 3 minutes? Make sure you bend down and touch the marker at each end before changing direction.

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Please mark your message containing your film clip with your child's name and year group.

Please send your film clips into us by Monday 29th June.



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*Education to future-proof
the magic of childhood*