

Virtual House Athletics

Materials needed: A pair of socks rolled into a ball, a flat area for long jump and triple jump (driveway etc), a frisbee or plastic lid/plate, a wall, timer, chalk (don't worry if you don't have any) and a measuring tape if you have one.

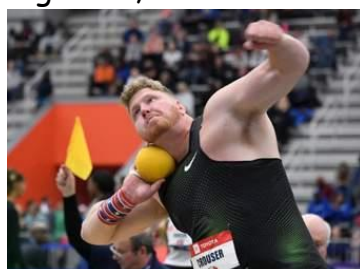
How does it work? There are 7 activities to complete: 5 'field' events and 2 'track' events.

- You score 1 point for each activity completed.
- You get 1 bonus point for EACH activity that you improve in with a 2nd attempt.
- 1 point is awarded for wearing your house colours. (Hat, beanie, coloured hair ties, socks, face paint, wrist band etc if you don't have the right colour T shirt. Even a sign which says "I'm in blue/green/red/gold house" if you're stuck).
- 1 point is awarded if you post a photo of yourself doing the House Athletics event on Microsoft Teams. When you post your photo, don't forget to tell me what house you are in and how many points you scored.
- The maximum number of points you can earn is 16.
- The event will be open until the end of August.
- Once the event is closed, I will tally up the points and announce the winning house (at the beginning of September).

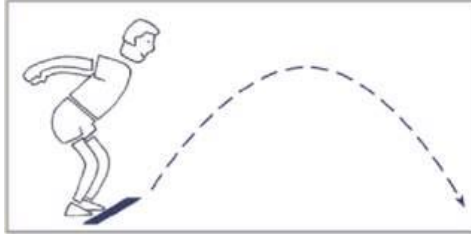
What are the events?

1. **Sock 'Shot Put'**-Just like normal shot put except you are using socks rolled into a ball. Make sure the socks are tucked under the chin and pushed up and out; no overarm throws! If you have a measuring tape, measure how far the shot put went (where it first hit the ground, not where it rolled to). Can you get further on your 2nd attempt?

In case you've forgotten, it looks like this:



2. **Standing long jump**-Mark a take off line. How far can you jump in one leap? If you can measure, make sure you measure from the take off line to the back of the heels. Can you get further on your 2nd attempt?



3. **Triple Jump**-Mark a take off line. Remember triple jump is made up of a hop, step and jump. If you can measure, make sure you measure from the take off line to the back of your heels. Can you get further on your 2nd attempt?

Hop=Take off and land on same foot

Skip=Take off and land opposite foot

Jump=Take off and land both feet together

4. **'High Jump'**- Stand next to a wall. Jump up and touch the wall as high as possible. If you have chalk, you could jump and use the chalk as a marker. Can you get higher on your 2nd attempt?



When throwing a Frisbee, use the same arm motion as if you were whipping a towel. This will ensure a straight throw.

5. **'Discus'**- Use a plastic plate, plastic lid or Frisbee and throw as far as you can using a Frisbee action. Can you get further on your 2nd go?

6. **100m 'Sprint'** - Jog on the spot fast for 30 seconds. How many jogs can you do? Can you improve on your 2nd attempt?

7. **200m 'Sprint'**- Jog backwards around the back yard for 1 minute. Can you do more laps on your 2nd attempt?

Congratulations. You have completed the 1st ever Virtual House Athletics. Don't forget to post a photo and your points tally on Microsoft Teams. Thank You for participating.

