



# MEADOWSIDE'S VIRTUAL SPORTS WEEK

## WHEN?

- Sports week will take place throughout the week commencing 22nd June 2020

- Each day, your child will have 2 activities to complete

*It is so important that we provide our children with the opportunity to take part in the annual sports day. This year, we thought we would do one better and create a sports week!*

*Now more than ever, sport and physical activity are proving to bring the country together and help so many people try something new or release stress and anxieties. The purpose of sports week is for the children to have fun. We also want to encourage as many family members as possible to join in with the children at home and have fun whilst doing so.*

## WHY?

*Two activities will be set each day, they will be fun and active. Each teacher will set these activities by loading up an activity task card on their class blog each day. This will have instructions of how to complete the activities.*

*We have planned these activities so they require minimal resources, hopefully you can use regular household items to help you. In preparation, one activity requires water balloons (not many) but there are alternative options if you can't get hold of any.*

*Once you have recorded the score for both activities on that day, we require you to send your two scores into your class teacher via email. That is all you need to do. Please see below for the scoring system.*

## WHAT?

## SCORING SYSTEM

*The ultimate aim of sports week is to have fun whilst taking part in physical activity. However we will add a scoring system to see which house has the most points at the end of the week so it does have a competitive edge too. The points system is as follows:*

**2 points** - completing the activity and sending your score into your class teacher

**3 points** - completing the activity and sending a picture or video into your class teacher

**4 points** - sending a picture or video into your class teacher of you and a parent/ carer completing the activity

**In year groups for each activity:**

**1st - 15 bonus points**

**2nd - 10 bonus points**

**3rd - 5 bonus points**