



**COMMUNITY SPORTS  
FOUNDATION**



Premier League  
**Primary  
Stars**

# SPORTS DAY



# SPORTS DAY

Hello young sports fans,

I hope you are all keeping safe and well.

Lockdown has been just as tough for us dinosaurs too (I'm 3 metres tall; way too big to be indoors all the time!), and like me, I'm sure you can't wait to get back playing sport with your friends and classmates again.

In the meantime though, I've been busy creating my own sports day (or Sporty's Day as I like to call it!), so we can all still take part together.

With the help of my colleagues at the Community Sports Foundation, I've set you a range of fun sport-based challenges that you can do in the comfort of your own home or garden/local park.

Taking part is easy, all you need to do is click on the link below to view the challenges:

[vimeo.com/showcase/sportys-day](https://vimeo.com/showcase/sportys-day)

Once you have completed a challenge, make sure you put your score or grading in the scoresheet I've provided.

You may find that you might not have all the equipment I have, so be creative. My friends found using rolled up socks made really good balls, for example!

I'm also looking for you to show how you display the Premier League's core values of Ambition, Connection, Fairness and Inspiration, but you will find out more about each of these as you work your way through the videos.

The final task in your Sporty's Day questions; I would love your parents/guardians to share your answers with me on social media. I'll see them if you tag @NorwichCityCSF on Twitter, @norwichcitycsf on Instagram or search Community Sports Foundation on Facebook.

I hope you enjoy Sporty's Day and I can't wait to see how you all get on.

Kind roarrrr-gards,

Sportasaurus



# SPORTS DAY

## SCORESHEET

Rate yourself on each activity in the stars below

1 ★ I did some of the challenge

5 ★ I tried my absolute best

Feel free to input your scores from the activities in the space provided or just do it for fun

### ABCS

#### AGILITY

Mirror game ★ ★ ★ ★ ★

T-shape run Time: \_\_\_\_\_ seconds

Zig Zag agility run Time: \_\_\_\_\_ seconds

Wreck it Ralph ★ ★ ★ ★ ★

### RUN, JUMP, THROW

#### RUN

Five yard sprint ★ ★ ★ ★ ★

Run o'clock ★ ★ ★ ★ ★

Run o'clock extra time ★ ★ ★ ★ ★

Sprint start ★ ★ ★ ★ ★

#### BALANCE

Balance level up ★ ★ ★ ★ ★ Level: \_\_\_\_\_

Points of contact ★ ★ ★ ★ ★

Balancing act ★ ★ ★ ★ ★

#### JUMP

Speed bounce ★ ★ ★ ★ ★ Score: \_\_\_\_\_

Triple jump ★ ★ ★ ★ ★ Score: \_\_\_\_\_

Standing jump ★ ★ ★ ★ ★ Score: \_\_\_\_\_

#### CO-ORDINATION

Co-ordination follow along ★ ★ ★ ★ ★

Wall bounce ★ ★ ★ ★ ★

Two ball juggle ★ ★ ★ ★ ★

#### THROW

Paper throw challenge ★ ★ ★ ★ ★

Shotput throw ★ ★ ★ ★ ★

Bowling ★ ★ ★ ★ ★

Two ball ★ ★ ★ ★ ★

Which Premier League Primary Stars Value did you demonstrate best and why?

Tick the box

BE INSPIRING ☐

BE CONNECTED ☐

BE AMBITIOUS ☐

BE FAIR ☐

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## QUESTIONS

Writing about a sports event can be a great way of reflecting on your emotions and sharing how you felt.

Can you answer the question below?

Which event did you find the easiest and why?

Did you have to adapt and create any pieces of equipment? How?

Which challenge did you find the toughest and why?

What made you stay motivated?

What were your feelings when you achieved your best score?

What was your favourite event?

Finally, can you describe your overall experience of Sporty's Day? I'm excited to find out how you got on.

See you soon,  
Sporty