









SPORTS DAY



SPORT/S 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

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 roarry -gards,

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Sportasaurus





















1 \(\) I did some of the challenge

5 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

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

Points of contact

Balancing ______

JUMP

Speed Score:

Triple Score:

Standing Score:

CO-ORDINATION

Co-ordination follow along

Wall bounce

THROW



Two ball







BE INSPIRING

BE CONNECTED

BE AMBITIOUS











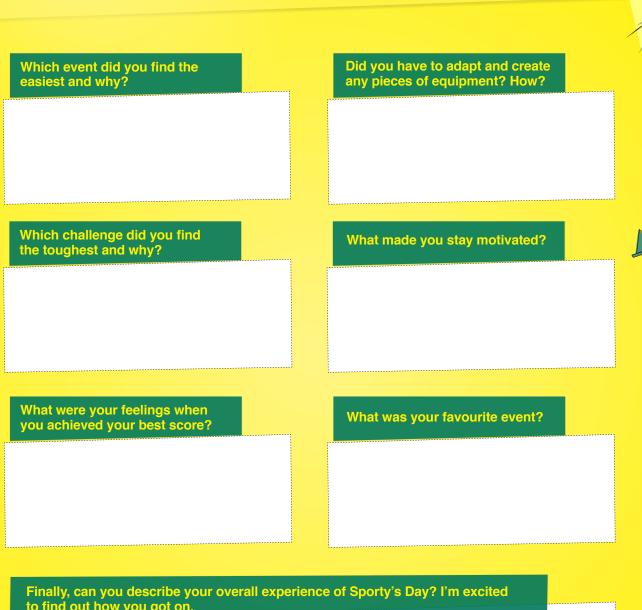






Writing about a sports event can be a great way of reflecting on your emotions and sharing how you felt.

Can you answer the question below?



to find out how you got on.



See you goon,
Sporty





