

Community – Lockdown Sports Day!

Sports Day is a key date in most schools calendar. It's a day that many students look forward too, but others dread! Either way, it's an important day each year for students to not only focus on physical activities, but also take part in an event involving their school community.

This year, as with many other things, Sports Days across the world will not be taking place.

So we would like you to try and plan a virtual Sports Day instead!

What physical activities could people compete in either on their own, or maintaining social distancing? Who would you invite to take part in your sports day? How would you decide and reward individual and overall winners?

You might want to think about completing timed challenges independently, or using social media to help you 'compete' against others! Could you run certain events safely on your street or in your local park with your family members or a small number of friends? Maybe you could use online tools like Zoom to hold your competitions?

Use the grid on the next page to come up with our virtual sports day – we may even be able to provide some prizes for anyone who wants to try and run their planned event!



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My Lockdown Sports Day

Event	How would it run?	How would you decide the winner?	Ways to make sure this event is meeting social distancing guidelines.
Egg and spoon race	Each participant would have a spoon, and a hardboiled egg (or golf ball/ table tennis ball) and they would need to get a certain distance without dropping it.	Whoever gets to the 'end' first without dropping the 'egg'.	<ol style="list-style-type: none"> 1. Could race on opposite pavements to see who wins. 2. Measure the distance and race in different places and record the time.