



PSC

**PRIMARY SPORTS COACHING
LIMITED**

PSCL Sports Days



CELEBRATING
10
YEARS

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LIMITED

**SCHOOL
SPORT &**
Physical Activity

Welly Throw

Equipment: Welly, cones, Trundle wheel

- This can be done in groups or individually.
- The aim is to measure the distance the welly is thrown, this can be done easier by marking out distances with cones.
- Each individual scores points by throwing the welly over 2m.
- They will then score 5 points for every 2m they throw the welly.



High Jump

Equipment: Tape measure and chalk

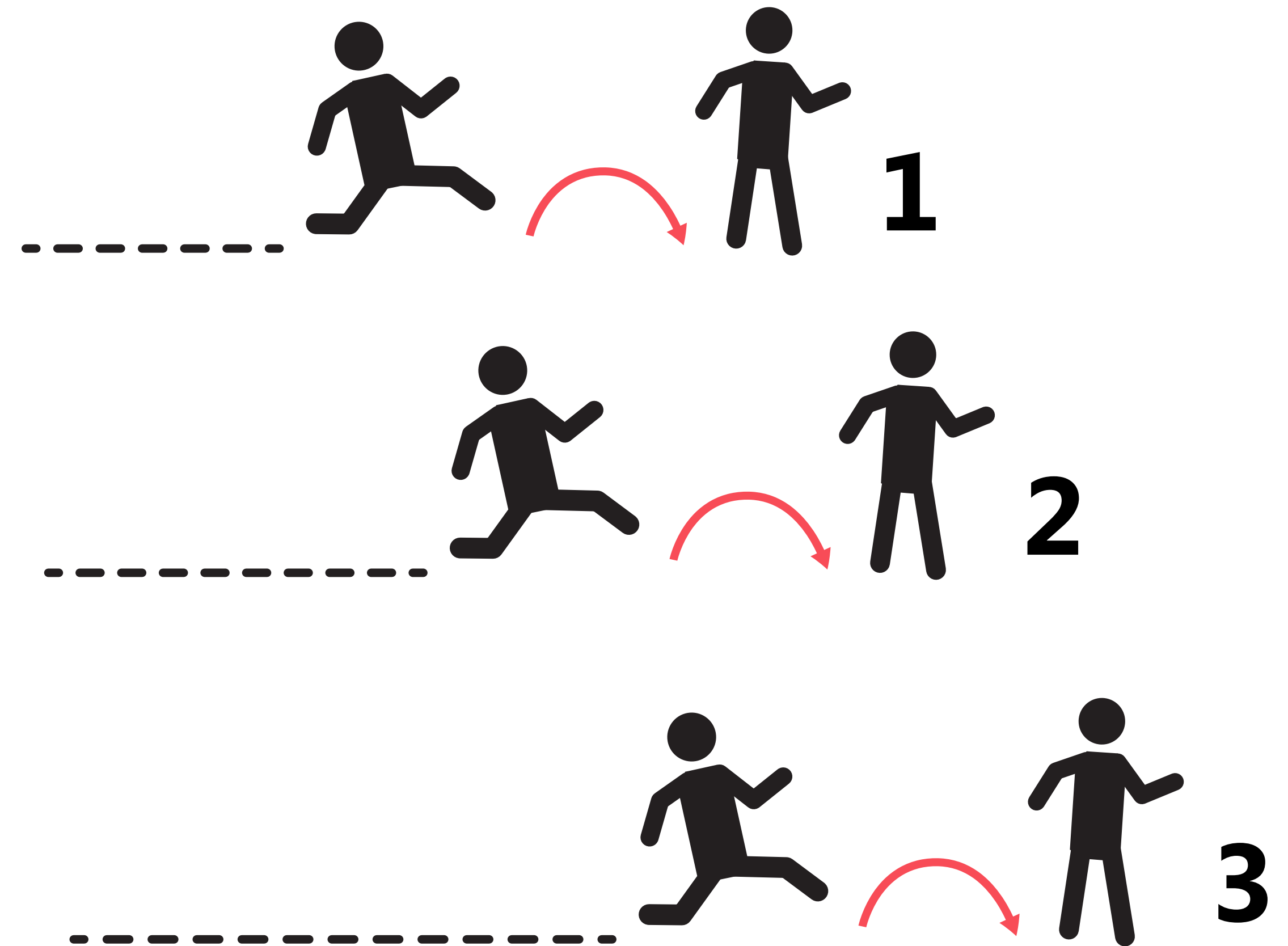
- For the high jump the participant will hold chalk and stand next to a wall with their arm raised (The arm holding the chalk) and mark where they can reach.
- When prompted the participant must jump as high as they can and mark their highest reach using the chalk.
- You will then measure the distance between their first mark when standing to their highest mark on the wall.
- The child will score 1 point for every cm above their starting height.
- For groups the total points of the group is the final score.



Singles Distance Jump

Equipment: Cones, tape measure

- The participants will perform a standing long jump.
- Measure distance from part of the body closest to the jump line.
- If they fall on landing can allow to try again or just measure.
- Each participant gets 2 points for every half meter jumped.



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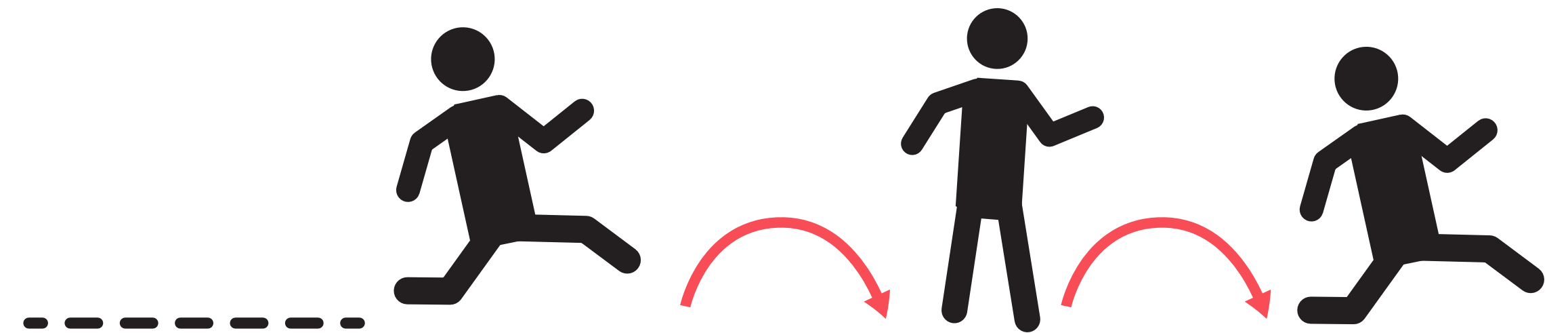
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SPORT &**
Physical Activity

Group Distance Jump

Equipment: Cones and tape measure

- For a group effort first person jumps, the next person can then jump from where their teammate landed and so on and so forth. You then measure the total distance from the start line.
- Measure distance from part of the body closest to the jump line.
- If they fall on landing can allow to try again or just measure.
- Each participant gets 2 points for every half meter jumped.
- As it's groups you add all points together for the group score.



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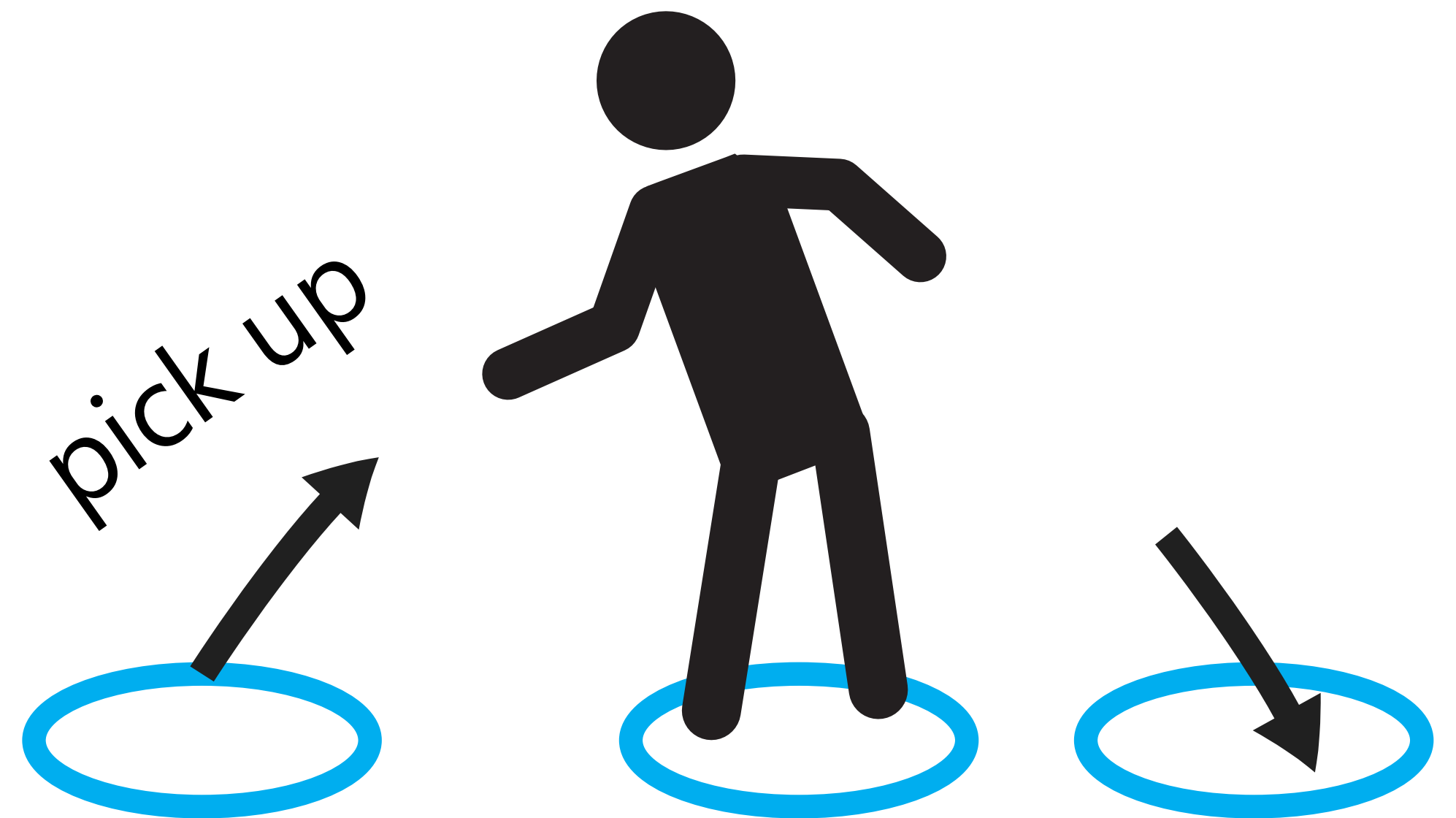
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**SCHOOL
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Physical Activity

River Crossing Solo's

Equipment: Cones, spots, stopwatch

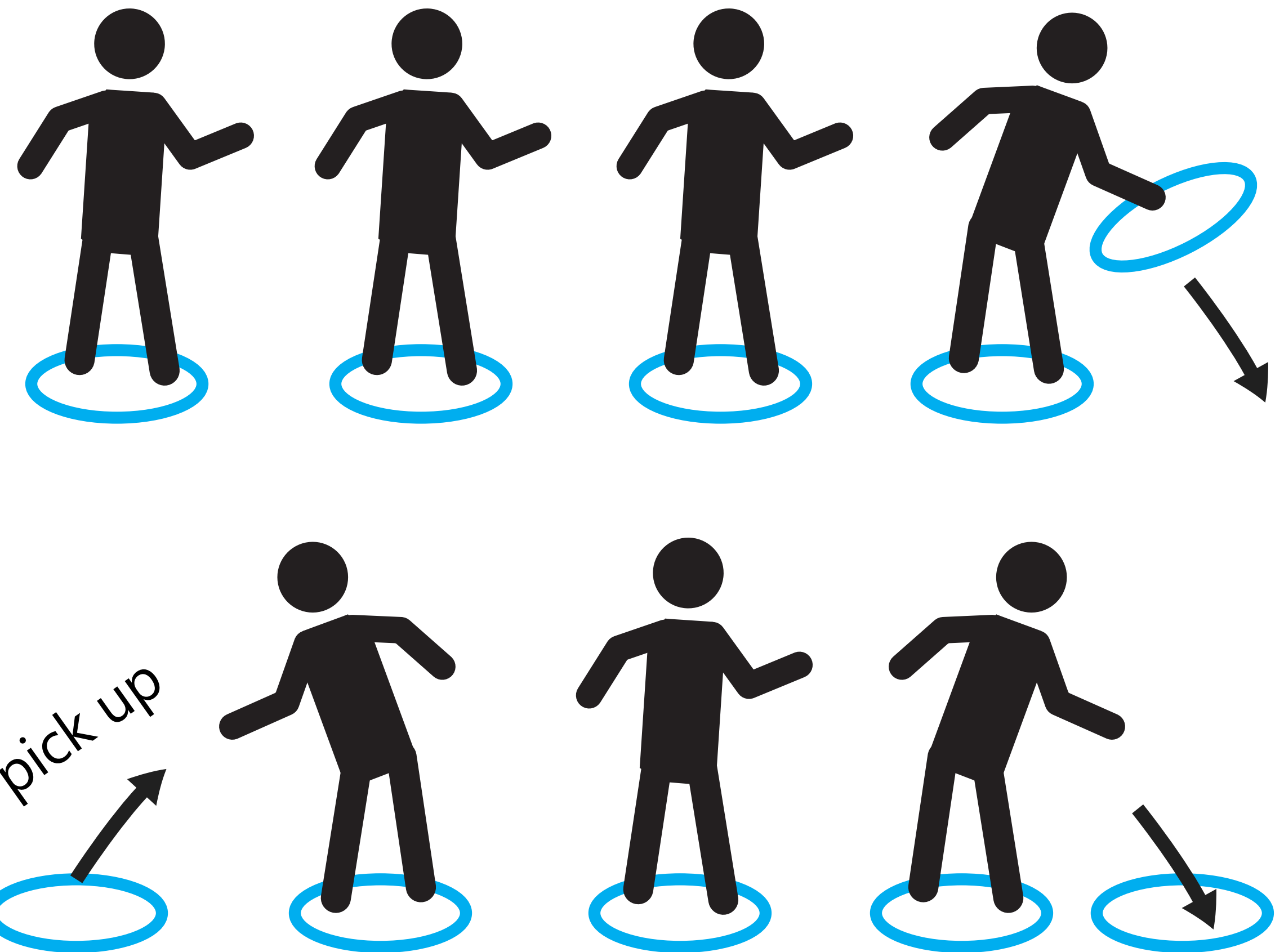
- Solo: for a solo player they will need 2 spots. They need to use those spots to get to the end of the 25 meter lane as quick as they can.
- While moving down the lane players must be on a spot, if they leave a spot they must restart.



River Crossing Groups

Equipment: Cones, spots, stopwatch

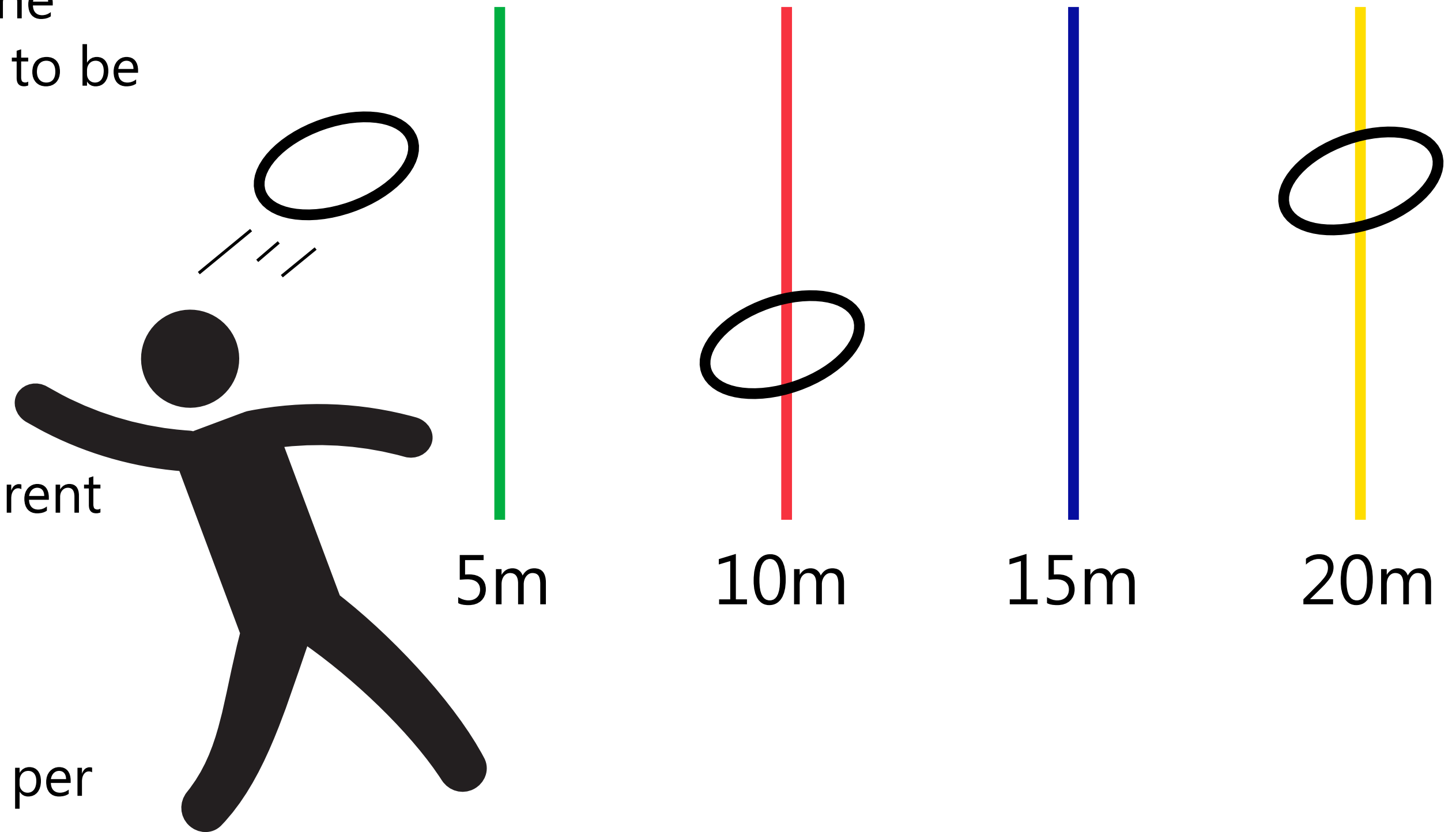
- Group: for a team game each player will need a spot, they need to use those spots to get to the end of the 30 meter lane as quick as they can.
- Each team will then have 1 spare spot to allow them to complete the course.
- While moving down the lane players must be on a spot, if they leave a spot they must restart.



Hoop Toss

Equipment: Cones, Hoops, Rounders pole (or something you can throw hoops on to).

- For hoop toss you will need to place 4 rounders poles at different distances. You can decided the size of the hoops but poles are recommended to be 2 steps apart.
- Pole 1 is worth 2 points
- Pole 2 is worth 4 points
- Pole 3 is worth 6 points
- Pole 4 is worth 10 points
- Participants throw from the same cone at different times.
- Winner would be the highest solo score or the biggest group score.
- Solo's have 3 throws each, teams get 2 throws per member.



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Speed Bounce

Equipment: Hurdles and Stopwatch

- 1 hurdle per participant, they need to jump sideways over the hurdle as many times as they can.
- KS1 children get 30 seconds. For points they get 2 points for every 3 jumps completed.
- KS2 children get 1 minute. For points they get 2 for every 5 jumps completed.
- If hurdles are unavailable, use a cone or a line to bounce over.



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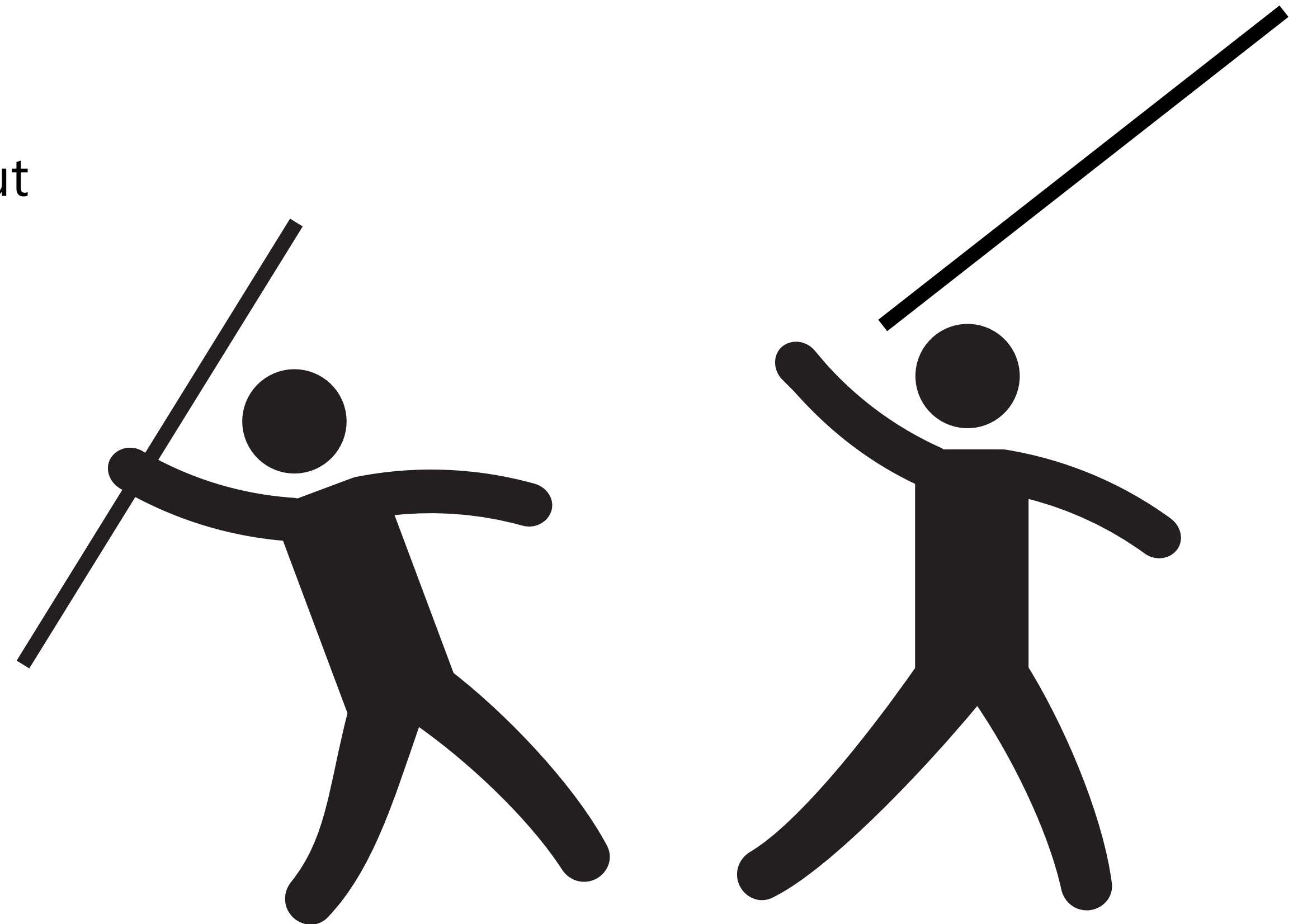
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Physical Activity

Solo Javelin Throws

Equipment: Cones, Javlines, Trundle wheel

- Children will stand still, they then have to throw javelin as far as they can.
- Measure distance using cones already distanced out using trundles wheel, then and work out total distance easier.
- For scoring, for every 2 meters thrown the participant gets 5 points.
- Everyone gets 3 throws each, for final score add all their points together.



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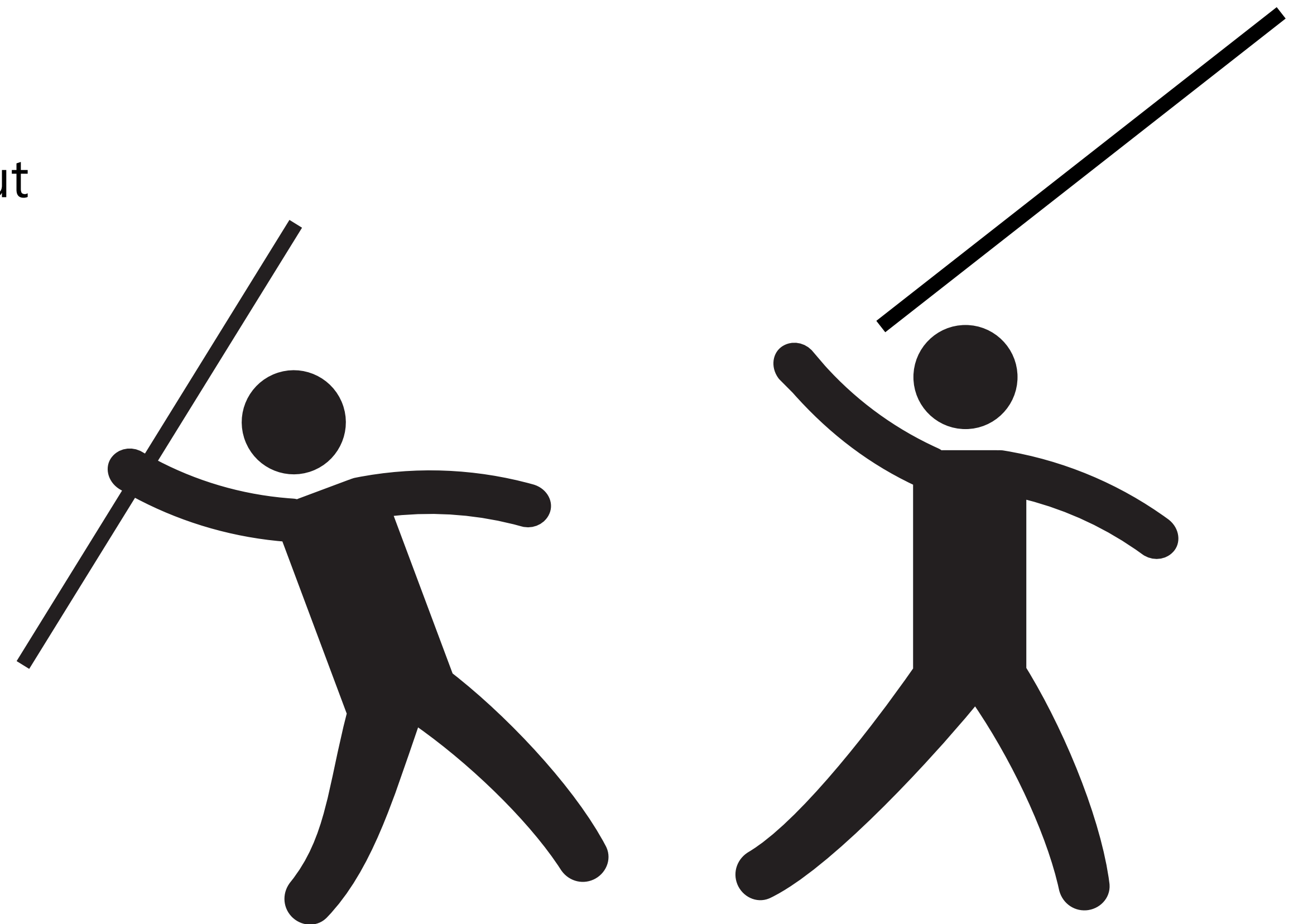
PRIMARY SPORTS COACHING
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Physical Activity

Group Javelin Throws

Equipment: Cones, Javlines, Trundle wheel

- Children will stand still, they then have to throw javelin as far as they can.
- Measure distance using cones already distanced out using trundles wheel, then and work out total distance easier.
- For every 2 meters thrown, the participant gets 5 points.
- Everyone gets 2 throws each.
- For the groups final score add all points together.



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Egg 'n' Spoon Race

Equipment: Cones, Egg and Spoons

- Mark out a 40m track (vary for each age group).
- Participants must keep egg on the spoon while keeping their opposite arm behind their back and complete the length of the track.
- If somebody drops their egg they must stop and place it back on the spoon before continuing the race.
- If egg and spoons are unavailable you can use tennis rackets with a tennis ball (bean bag for EYFS KS1).



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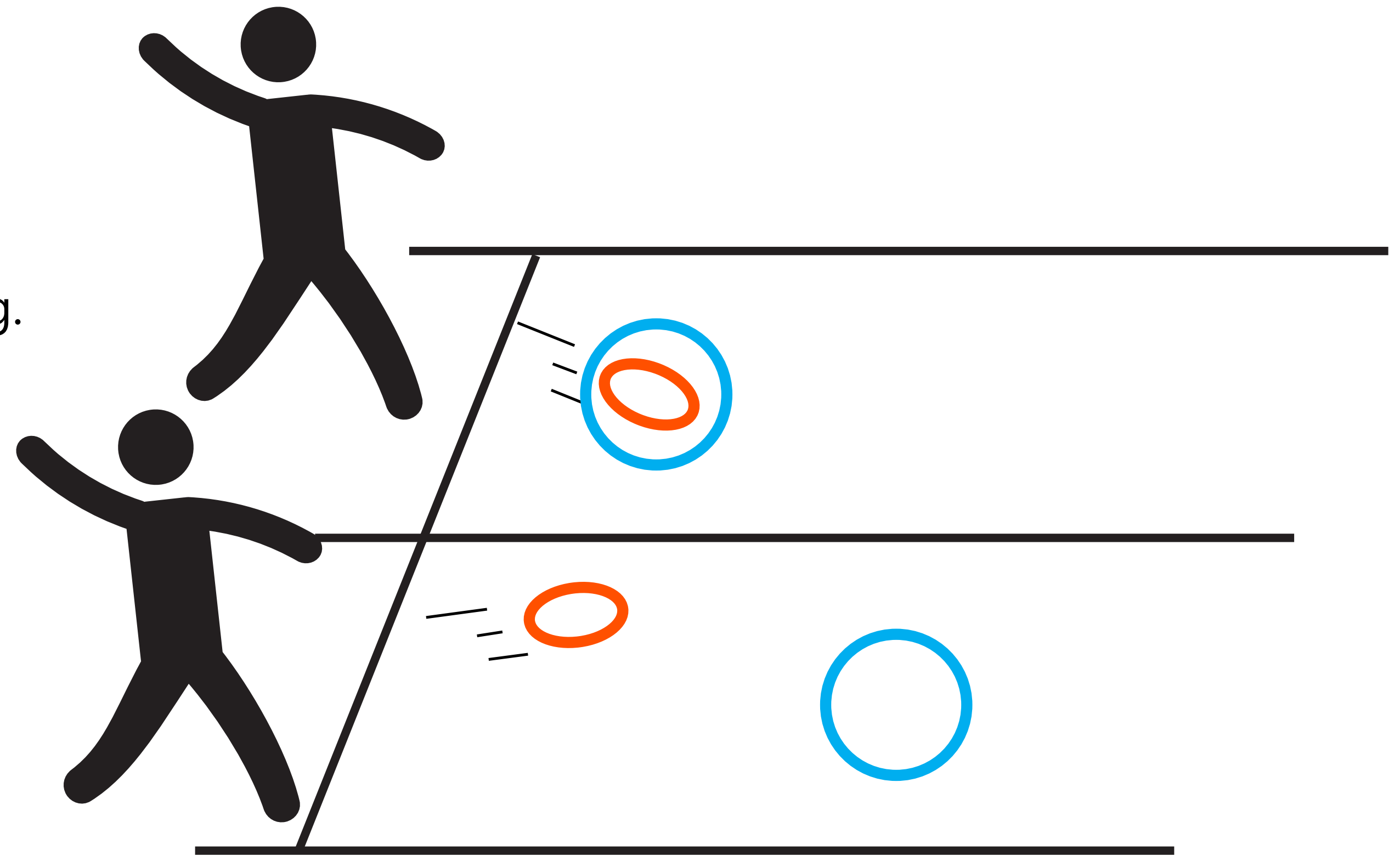
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**SCHOOL
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Hoop Flip Solos

Equipment: Hoops, beanbags, cones

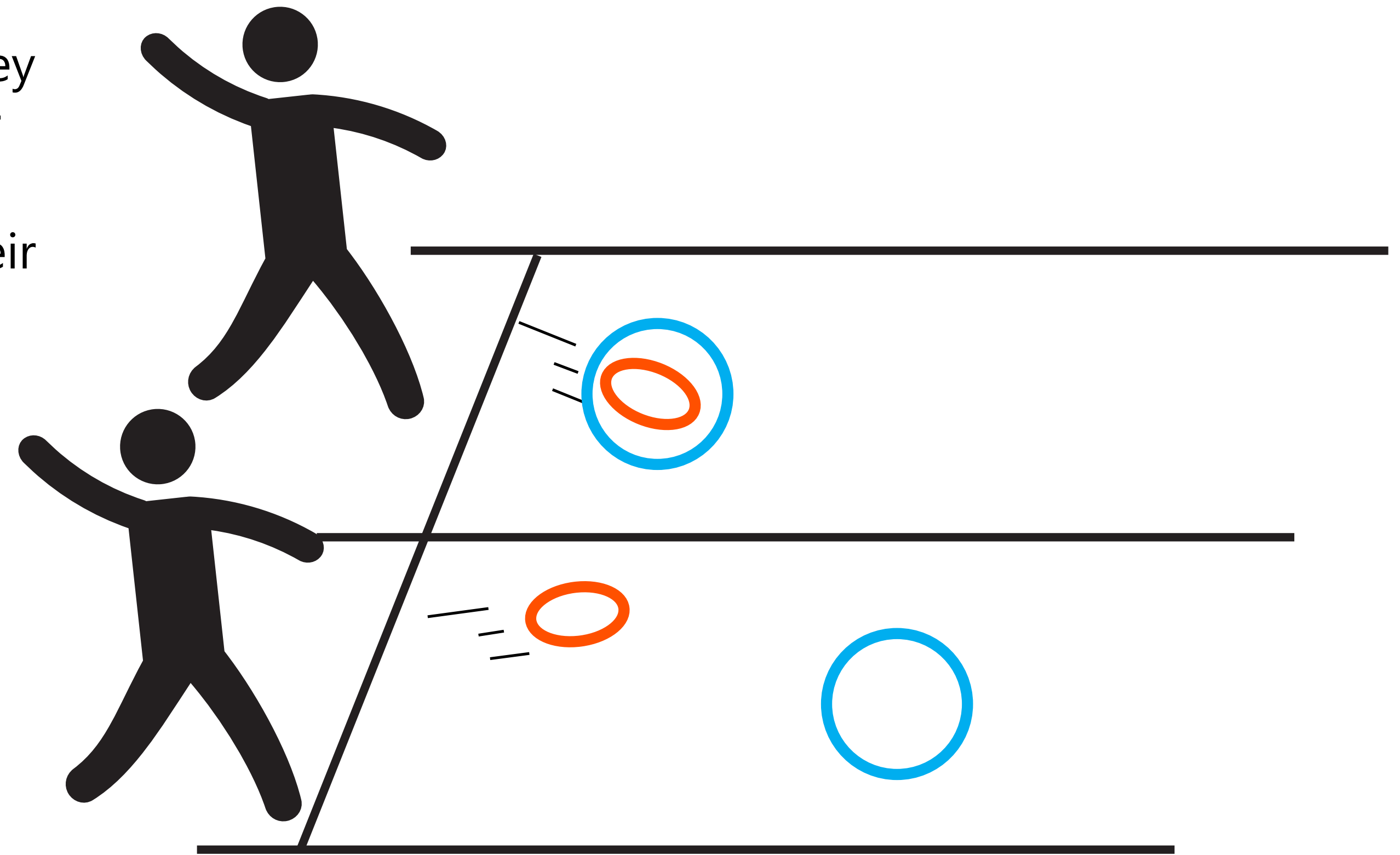
- Participants start from a cone and have to throw beanbag into the hoop. If it lands in the hoop they can flip the hoop over, return to the cone and try to land it in the hoop again.
- If somebody misses the hoop they retrieve their beanbag, return to their cone and continue trying.
- The course will be 10 meters long.



Hoop Flip Groups

Equipment: Hoops, beanbags, cones

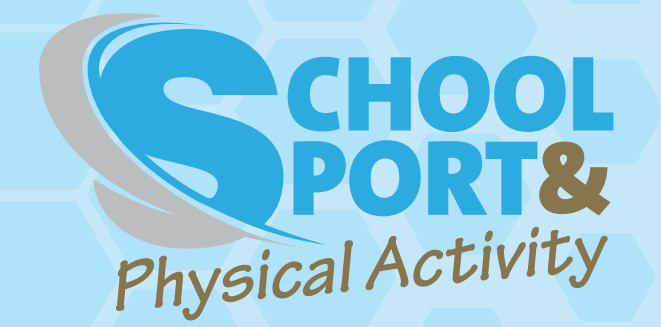
- Participants start from a cone and have to throw beanbag into the hoop. If it lands in the hoop they can flip the hoop over, return to the back of their group to allow the next person to attempt.
- If someone misses the hoop they run and get their beanbag and join the back of their line.
- For the group games the lane will be 15 meters long.





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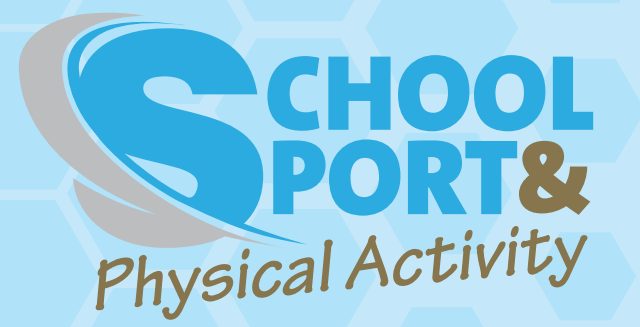
Scoring

Name	Welly throw	High jump	Distance jump	Hopping	River crossing	Hoop toss	Speed jumps	Javelin	Egg and spoon	Hoop flip	Total points
Joe Smith	15	6	8	3	5	10	12	10	3	1	15



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Scoring

Name	Welly throw	High jump	Distance jump	Hopping	River crossing	Hoop toss	Speed jumps	Javelin	Egg and spoon	Hoop flip	Total points