



**RUN A FUN AND SAFE SPORTS DAY  
IN YOUR SCHOOL**

# **Primary School Sports Day Activity Guide 2020**

*Designed to Comply With COVID 19 Protective Measures*

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# INTRODUCTION

The last few months have been an unusual experience for people all across the globe, including our coaches at One Goal. While we have been continuing to support a number of our schools in providing care and activities for key worker/vulnerable children, we have also had more time than usual to plan and reflect. This comes at a time when we would usually be involved in helping many of our schools to plan and deliver annual sports day activities. We felt that it was a great shame that this may not be possible this year and decided to try to solve the problem. Our team decided to pool together our collective experience in order to plan a set of high quality activities that would help schools to deliver a highly engaging and safe sports day!

Our One Goal Sports Day has been designed in order to provide children with an inspiring and uplifting experience when they return to school. The COVID-19 pandemic has forced schools to remain closed for over two months, creating difficult circumstances for children, families and staff alike. Schools up and down the country are now facing the difficult challenge of planning to return in the safest possible way and attempting to adapt learning experiences to coincide with strict guidelines. At One Goal, we are committed to supporting schools and young people through this difficult transition in any way that we possibly can.

Unfortunately, for many schools this would mean cancelling many traditional events including the annual sports day. Sports days are one of the highlights of a school year for many children. They provide an opportunity to try a variety of engaging activities, make memories with their friends and participate in healthy competition as part of a team. We feel that children need a positive and exciting experience such as this one now more than ever. Therefore, we have taken action and created a comprehensive sports day plan that can be delivered by schools in line with social distancing guidelines.

We hope that this helps and that the children at your school have an inspiring and uplifting experience!



**DESIGNED  
TO MEET  
SAFETY  
GUIDELINES**



**6 FUN AND  
ENGAGING  
ACTIVITIES**



**READY  
MADE  
SCORING  
SYSTEM**



**Share Your Sports Day With Us!**





# ORGANISATION

## Teams

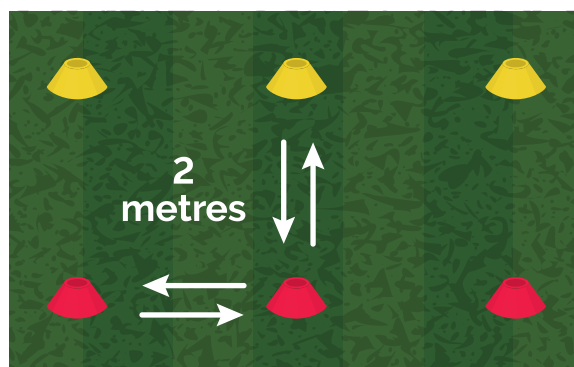
All children participating in the sports day can be divided into four equal (or as close to as possible) teams. These teams should ideally be named after colours (yellow, red, blue and green as shown below) for simplicity and so that cones at each station can be colour-coordinated with teams where possible.

Each team is then divided into six different groups ahead of the competition. The number of children in each group would ideally be around 3-6 but can be higher if required. During the event, each group from any given team will be taking part in a different activity but all points won will be added with the other groups from their team on the overall scorecard. One adult will be assigned to a set of groups and will stay with them throughout.



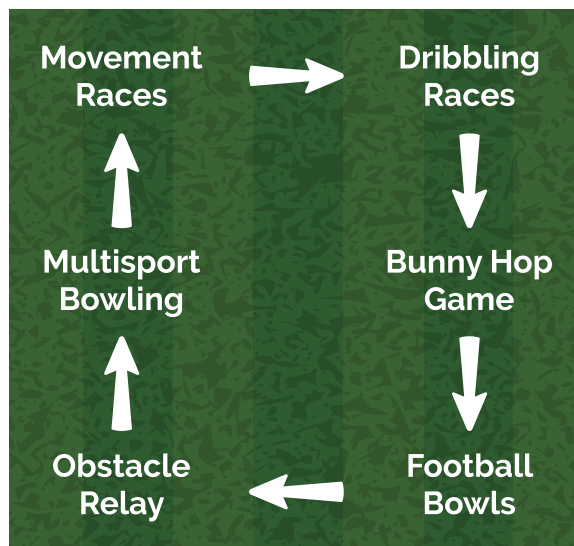
## Stations

Six different stations need to be set up by staff in advance of the events taking place. Each station will differ slightly in terms of equipment needed, but they will all have the same basic structure in order to ensure social distancing. This will be made up of four team lines marked out with cones, which will have a two metre gap between each other and a two metre gap between each cone. During the activities, children will be standing at a cone each and will only move up to the next cone when the person ahead of them has moved on.



## Carousel

Once the teams have been divided into six groups, each group will go to a different station so that there will then be one group from each team at all six of the stations. The tournament coordinator will blow their whistle to start the event and the activities will commence at every station. After approximately 10-15 minutes, the coordinator will blow their whistle again and activities will stop. The adult in charge of the set of groups at any given station will ensure that they walk in their socially distanced lines to the next station (moving in a clockwise direction). The sports day coordinator will collect placings from the adult in charge at each station and add points to the overall scorecard accordingly. Once scores have been added and all sets of groups are set up in their socially distanced lines at the next station, the coordinator will blow their whistle once more and the next round of activities will begin.





## ORGANISATION SUMMARY

<b>TEAMS</b>	Four (Yellow, Red, Blue & Green)
<b>GROUPS PER TEAM</b>	Six (Ideally of 3-6 children)
<b>STATION SETUP</b>	<ul style="list-style-type: none"> <li>● Four lines (one for a group from each team)</li> <li>● 2 metre gap between lines</li> <li>● 2 metre gap between cones in each line</li> </ul>
<b>ADULTS</b>	<ul style="list-style-type: none"> <li>● Sports Day Coordinator - Oversees event and scores, starts and ends rounds of activities.</li> <li>● Six supervisors - one at each of the 6 stations at the start and they move around with their set of groups.</li> </ul>
<b>CAROUSEL</b>	<ul style="list-style-type: none"> <li>● 6 rounds (so that each group completes every activity).</li> <li>● 10-15 minutes per round.</li> <li>● Children walk in socially distanced lines clockwise to the next station following each round.</li> </ul>

## THE SCORING SYSTEM

In order to add an element of healthy competition to the event, we have designed an easy to use scoring system to capture the results of the day. This will be done through the use of an overall scorecard and a group scorecard. The overall scorecard will be managed by the sports day coordinator and will keep track of the overall points that each of the four teams accumulates after each round. The group scorecards will be managed by the six supervisors and will help to keep track of which team comes 1st, 2nd, 3rd and 4th in any given activity as they move around the carousel.

OVERALL SCORECARD				
ROUND	YELLOW TEAM	RED TEAM	BLUE TEAM	GREEN TEAM
1				
2				
3				
4				
5				
6				
TOTAL				

GROUP SCORECARD				
ACTIVITY	YELLOW TEAM	RED TEAM	BLUE TEAM	GREEN TEAM
Movement Races (1 point for each race won)				
Dribbling Races (1 point for each race won)				
Bunny Hop Game (1 point for highest score on each go)				
Football Bowls (1 point for closest shot to cone on each go)				
Obstacle Relay (1 point for first team finished on each round)				
Multisport Bowling (1 point for every ball knocked off a cone)				
TOTAL				

## OVERALL SCORECARD

- Enter scores for each round in tally marks i.e IIII II
- 4 points if a team comes first, 3 points for second and 2 points for third and 1 point for fourth place.
- Add up scores for each team at the end of the event and write them in the totals column.

Overall Scorecard				
Round	Yellow Team	Red Team	Blue Team	Green Team
1				
2				
3				
4				
5				
6				
Total				

## GROUP SCORECARD

- Enter scores for each round in tally marks i.e |||| ||
- Example: If a child for the Yellow Team wins the first movement race, one tally mark is placed in that team's box next to the correct activity

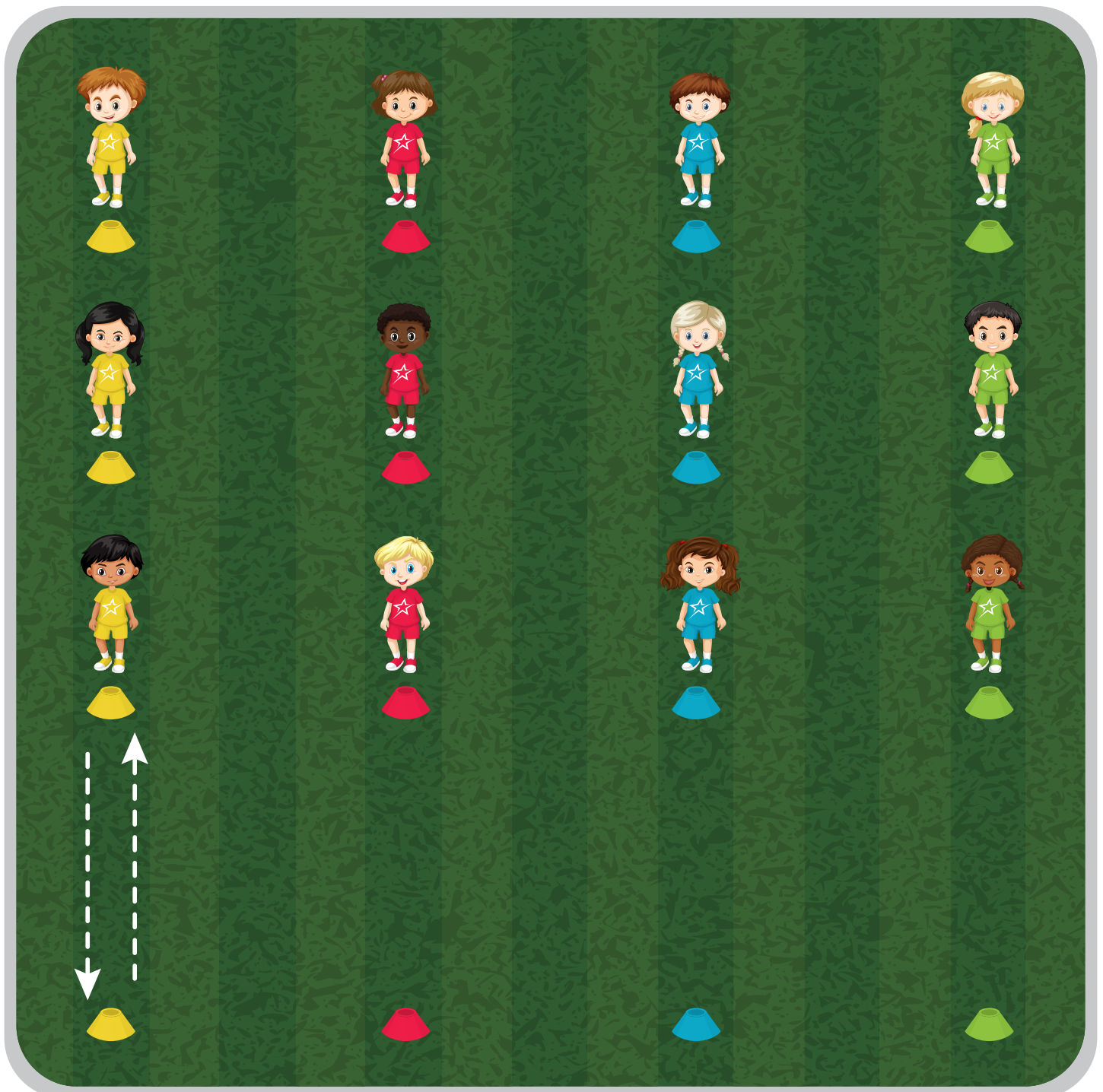
GROUP SCORECARD				
ACTIVITY	YELLOW TEAM	RED TEAM	BLUE TEAM	GREEN TEAM
<b>Movement Races</b> (1 point for each race won)				
<b>Dribbling Races</b> (1 point for each race won)				
<b>Bunny Hop Game</b> (1 point for highest score on each go)				
<b>Football Bowls</b> (1 point for closest shot to cone on each go)				
<b>Obstacle Relay</b> (1 point for first team finished on each round)				
<b>Multisport Bowling</b> (1 point for every ball knocked off a cone)				
<b>TOTAL</b>				



# 1 MOVEMENT RACES

*Just like normal races, but with five different types of fun movements to test yourself with!*

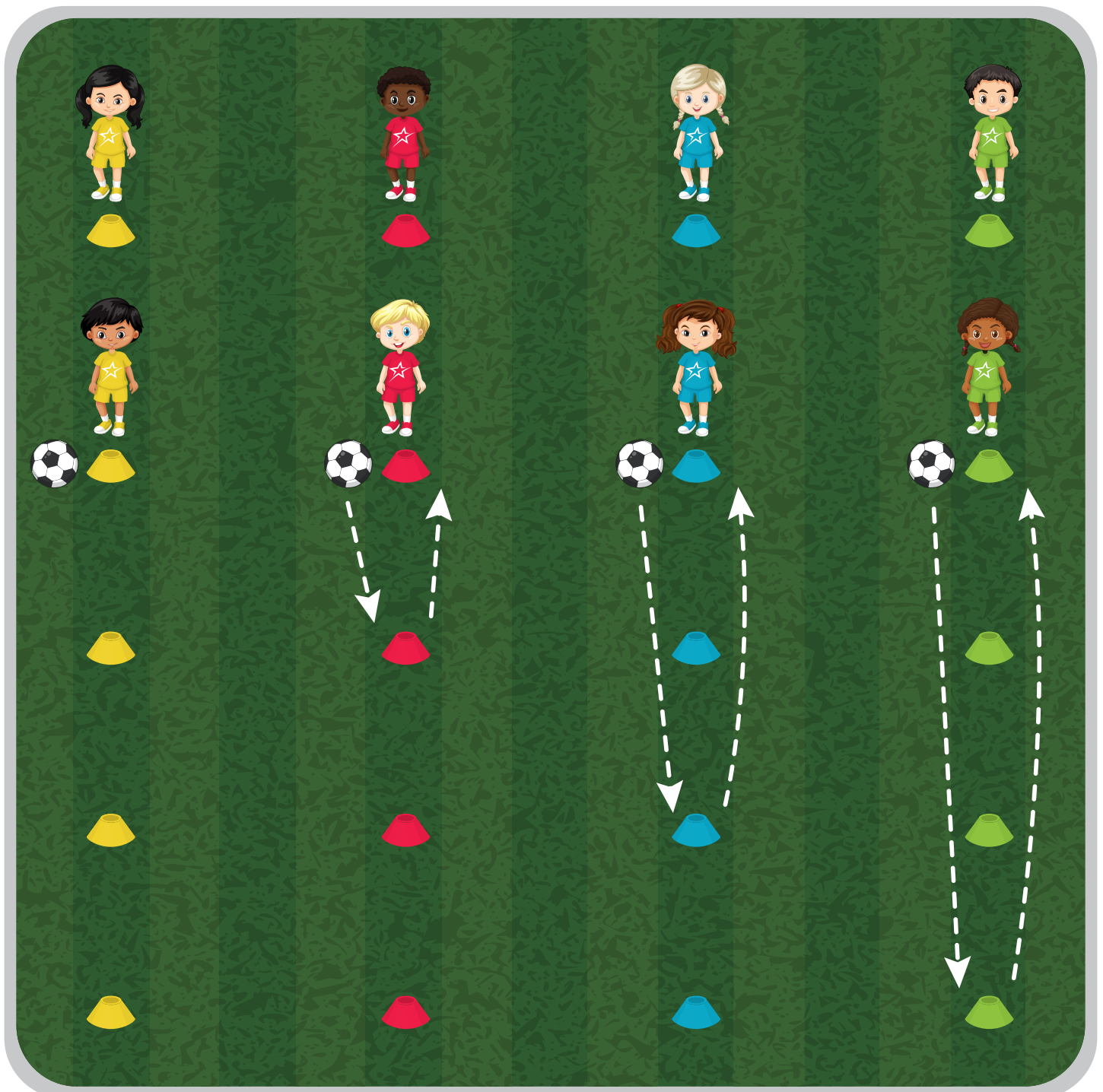
- A group from each team will be set up in socially distanced lines as shown below.
- 5 different types of movement races will take place: running, hopping, jumping, skipping and backwards.
- On the supervisors command, one child from each team travels to the cone (10 yards away) and back as quickly as possible.
- The first child back on each race gets a point, which is added to the group scorecard. The practice continues until the whistle is blown.



## 2 DRIBBLING RACES

*How quick are your feet? Put your dribbling skills to the test over different distances with our dribbling races!*

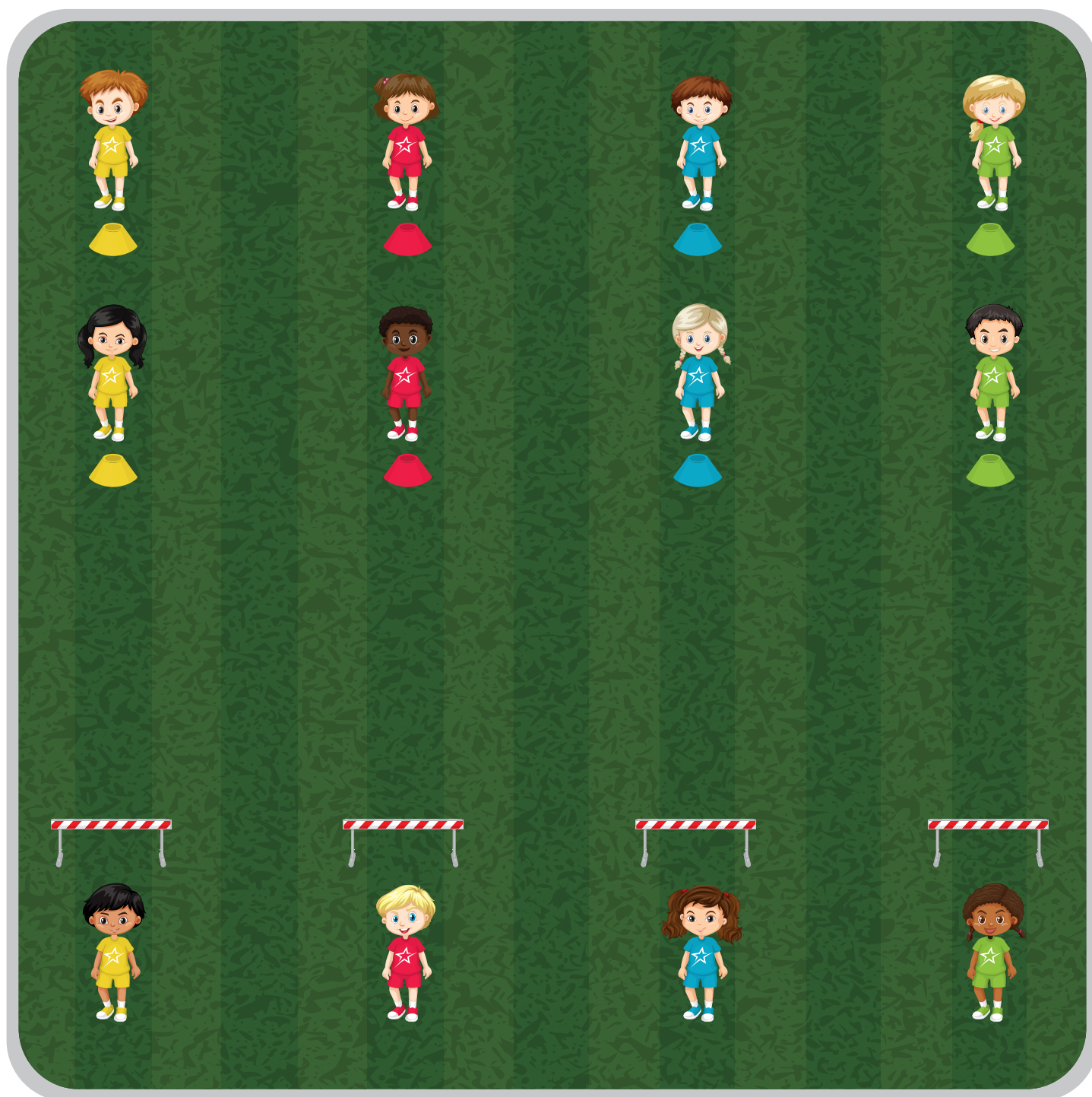
- A group from each team will be set up in socially distanced lines as shown below.
- Children will race by dribbling a football to the first cone on the first race (10 yards), the second cone on the second race (15 yards) and the end cone on the last race (20 yards).
- On the supervisors command, one child from each team travels to the relevant cone and back as quickly as possible.
- The first child back on each race gets a point, which is added to the group scorecard. The practice continues until the whistle is blown.



### 3 BUNNY HOP GAME

*Bounce your way to victory like a bunny in our speed-bounce challenge!*

- A group from each team will be set up in socially distanced lines as shown below.
- One child from each team moves out to the hurdle and awaits the adult's signal.
- The supervisor sets their stopwatch for 30 seconds and the children try to bounce sideways over the hurdle as many times as possible before they are told to stop.
- The biggest score on each go gets one point for their team. The practice continues until the whistle is blown.

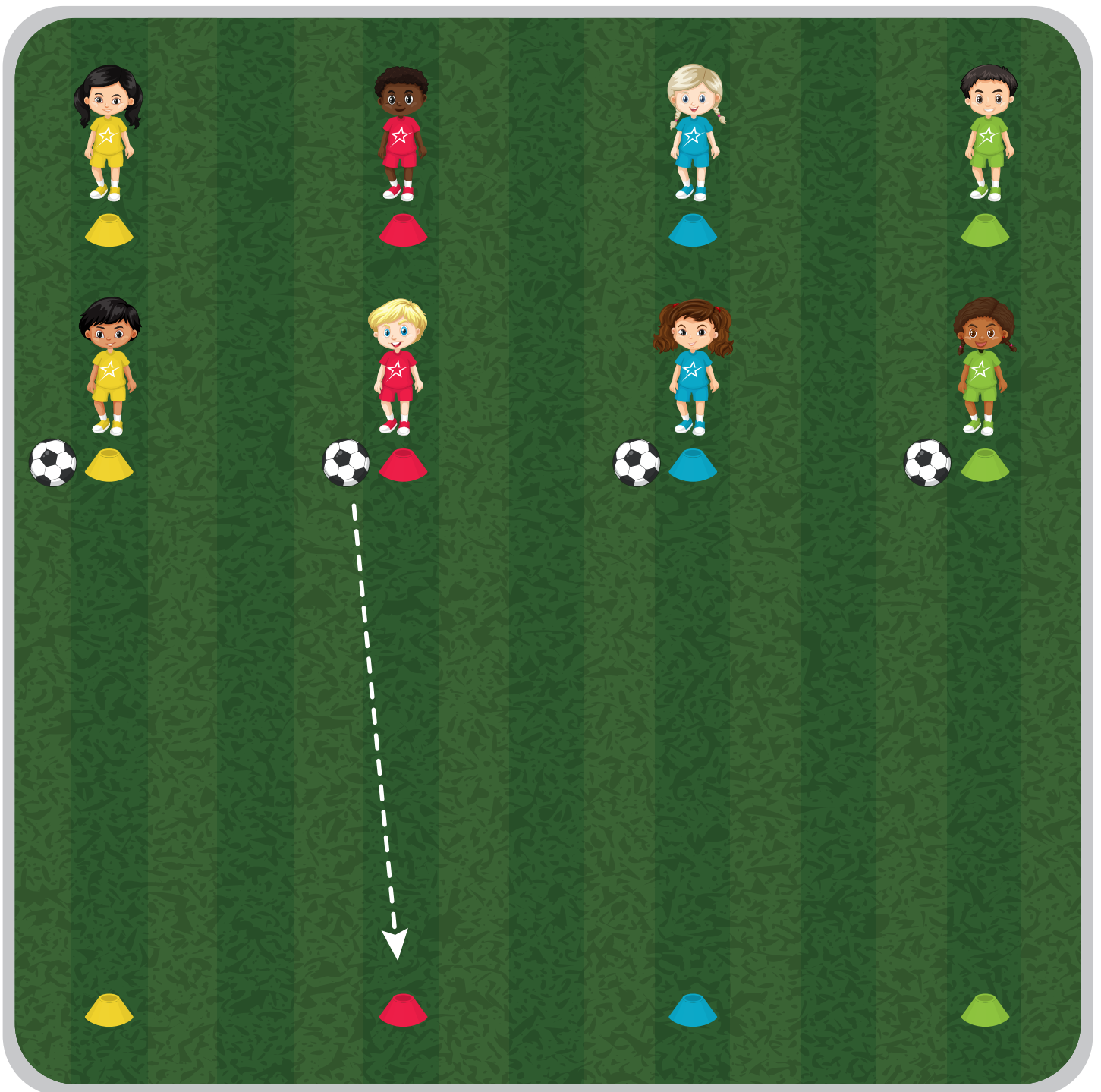




## 4 FOOTBALL BOWLS

*This one is all about control! Not too much, not too little...*

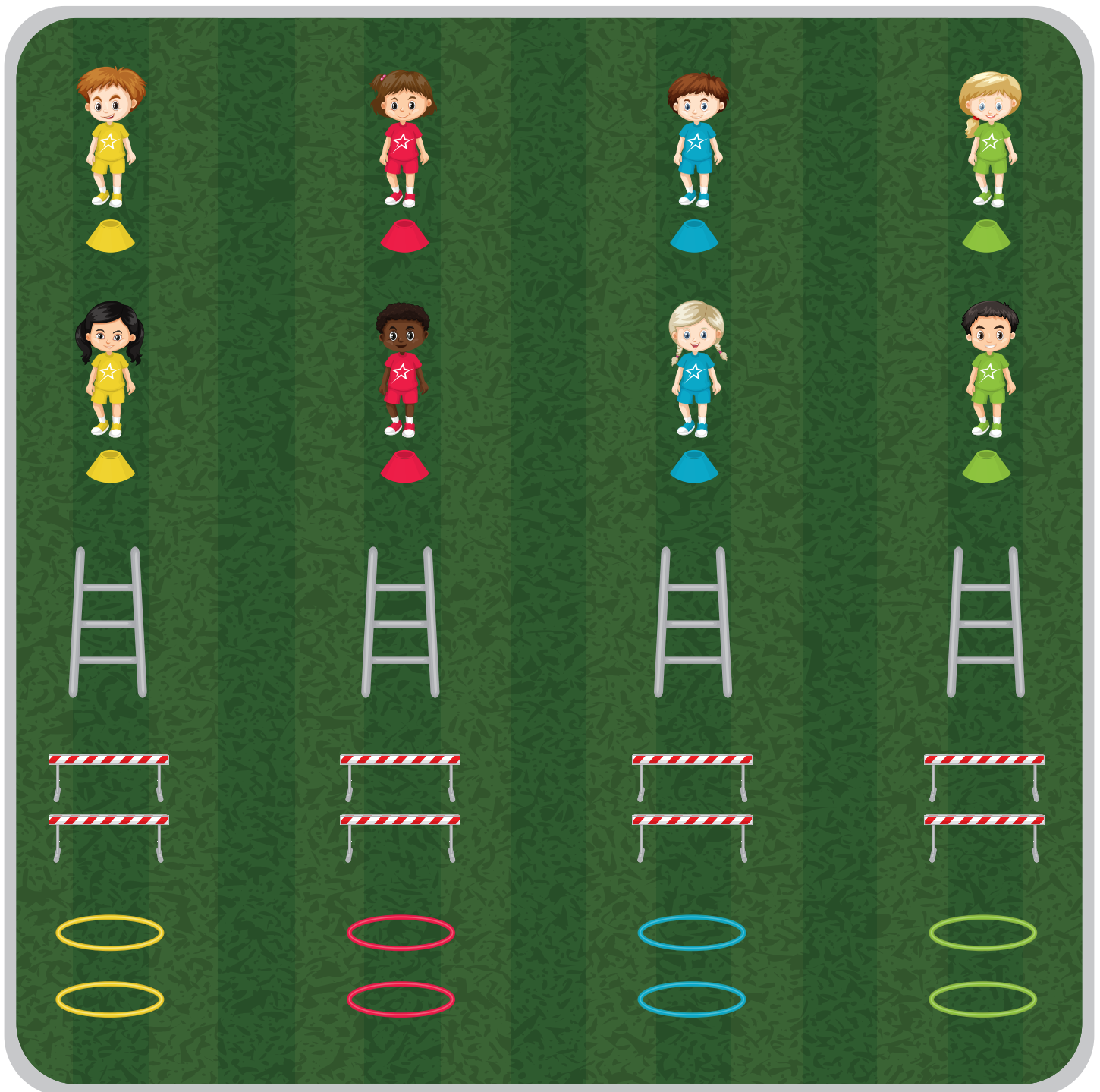
- A group from each team will be set up in socially distanced lines as shown below.
- On the adults command a child from each team will kick their ball towards the cone that is 10 yards in front of their team.
- Children are not allowed to touch the footballs with their hands at any time.
- The closest shot to the cone on each go gets a point for their team and the team with the most points at the end wins. The practice continues until the whistle is blown.



## 5 OBSTACLE RELAY

*Work as a team to maneuver through our obstacle course as quickly as you can!*

- A group from each team will be set up in socially distanced lines as shown below.
- Once the round begins, the first child from each team runs to complete the course as quickly as possible.
- Quick steps through ladders, jump over the hurdles and hop in and out of hoops.
- As soon as the first child gets back, the second child goes and so on.
- The team with all children finished first gets a point on each go. The team with the most points at the end wins.



## 6 MULTISPORT BOWLING

*All of your favourite sports in one game of bowling!*

- A group from each team will be set up in socially distanced lines as shown below.
- A triangular setup of balls on top of cones will be about 10 yards in front of each team (mix of balls - rugby, basketball, tennis etc).
- On the adults command the child at the front of each line will kick their ball towards the balls in an attempt to knock as many off as possible.
- We recommend that children are not allowed to touch the ball with their hands at any point during this activity based on current guidance.
- Only the adult in charge of the station replaces balls on cones once they have been knocked off.
- 1 ball = 1 point, 2 = 2 points, 3 = 3 points. The team with the most points at the end wins.





To the **SCHOOL** LEADERS, TEACHERS,  
**COACHES**, PARENTS and CARERS  
WHO HAVE *MADE IT THEIR MISSION* to PUT CHILDREN  
at the *CENTRE of THEIR UNIVERSE*.  
WHO **BELIEVE** THAT EVERY CHILD CAN  
**B E A S T A R**  
IN THEIR *OWN UNIQUE* and *SPECIAL* WAY.  
Y O U L I V E t o S E E T H E M  
**HAPPY**, **HEALTHY** and **INSPIRED**.  
YOU PLACE **WELLBEING** ABOVE  
**TARGETS** and a CHILD'S **GREATNESS**  
**B E Y O N D T H E I R G R A D E S**.  
TO YOU IT MATTERS **NOT** WHERE THEY  
COME FROM **ONLY** YOUR **PASSION**  
to **HELP** THEM **GET** to WHERE THEY CAN.  
WE ARE *INSPIRING* a *GENERATION*,  
*BUILDING* a **BRIGHTER FUTURE** and  
*CREATING* a **BETTER WORLD**.  
WE ARE **ONE GOAL**  
AND WE STAND WITH YOU.

Share Your Sports Day With Us!

