**St Kevin’s G.N.S. Virtual Sports’ Days**

**Basic Points for Staff**

* **It’s an initiative of the Sligo Education Centre. Details are on the centre’s homepage. We need to tag S.E.C. plus A.S.F. as we can use these activities as part of our A.S.F. application.**
* **We roll it out to substitute other curricular work for the last week in June.**
* **There are six activities with event explainers and video clips to demonstrate activities**
* **We will work through the six activities together as a school: running, kicking, throwing, landing, balancing, traditional school sports**
* **The different activities are based upon the Move Well Move Often Programme developed by the Professional Development Service for Teachers.**
* **The aim is to develop the physical literacy of the child through the lens of the core fundamental movement skills.**
* **There are six different task areas with three different levels of difficulty; there is a video instruction for each task.**
* **In the downloads section there is a two stars and a wish card for each event to aid student self-assessment.**
* **Also in the downloads section is a personal planner so that each child can design their own timetable.**
* **The pupils are encouraged to use their imagination so that they can amend and adapt the activities to suit their situation.**
* **There is a music playlist in the downloads section to accompany the activities.**
* **Activity One is aimed at junior and senior infants and first class. Activity Two is designed for pupils from second to fourth and level three is for fifth and sixth classes but the levels are by no means proscriptive.**

**Blurb for parents and pupils on website:**

**St. Kevin’s G.N.S. are rolling out our virtual school sports’ day programme for the rest of the month. We are encouraging everyone to get involved by trying out the suggested activities. The idea is to have some fun and exercise. Our activities are modelled on The Virtual Sports Day designed by Sligo Education Centre. On** [**the website**](https://sites.google.com/holyangelsns.ie/virtualsportsday/home) **you will see there are six different task areas with three different levels of difficulty: Activity One is aimed at children in junior infants to first class level; Activity Two is designed for second to fourth class pupils; and Activity Three is more advanced and is aimed at fifth and sixth class pupils. However it is by no means proscriptive and can be adapted to suit all family members. An accompanying event explainer and video clip for each task is available on the website. Your daughter can amend the different activities to suit her garden or indoor space and use her imagination to compile equipment from things you have at home. We would love it if you could send us photos of your favourite activities so we could make a photo montage. You can learn more by following** [**this link**](https://sites.google.com/holyangelsns.ie/virtualsportsday/home) **to Sligo Education Centre.**

**Suggested Timetable of Activities**

**Monday 22nd June**

**We encourage everyone including incoming junior infants to ;**

1. **Look at Sligo Education Centre’s Virtual Sports Day .**
2. **Compile list of equipment. Substitute things they have at home for usual sports equipment e.g. paper plates for cones ,cardboard for quoits or rolled up socks for balls.There are lots of ideas on the S.E.C. website under**[***The Lists’* tab**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-lists)**.**
3. **Make goody bags to replicate the school sports’ day goody bags. Again there are plenty of simple ideas on the S.E.C. website.**
4. [**Running**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/running)

**Activities**

**1.Traffic Lights**

**2. Rock, Paper, Scissors**

**3. Make The Face**

**Tuesday 23rd:** [**Kicking**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/kicking)

**Activities**

**1. Through The Gate**

**2. Kick To Score**

**3. Rebound The Ball**

[**Throwing**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/throwing)

**Activities**

**1. Knock ‘Em Down Pinball**

**2. Tennis Ball Challenge**

**3. Bowling**

**Wednesday 24th June**

**Activities:** [**Landing**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/landing)

1. **Jack Be Nimble**
2. **Jockeys Up**
3. **England, Ireland, Scotland, Wales**

**Activities:** [**Balancing**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/balancing)

1. **Walk The Line**
2. **Wheelbarrow Races**
3. **Obstacle Course**

**Thursday 25th–Friday 26th:** [**Traditional Sports Day Activities**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/traditional-school-sports)

**Activities:**

1. **Egg And Spoon Race**
2. **Sack Race**
3. **Twister**
4. **Queen-I-O**