



THE PE AND SCHOOL  
SPORTS NETWORK

***THEPESSN***

# MINI SPORTS DAY

*Explanations & Diagrams*

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### *Mini Sports Day*

Below are the 6 activities which will be used for the mini sports day.

They are accompanied by diagrams, explanations and equipment required. There is also a visual representation of how the day should be set up within the playground, this also includes where students should be positioned adhering to the current social distances rules.

Whilst the day is running please ensure there is an adult based on each station or at bare minimum, a young leader to record the scores, also have a designated first aider in the event there are any incidents.

Not only can this be used in school, but this can also be sent home to the pupils so they can still be apart of the mini sports day, scores can sent in by video links and added to the excel spreadsheet for overall scores!

If you manage to get any action shots/ videos please feel free to tag us on social media, we would love to see how well the pupils get on!

**@LPSSN**



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# 1 MINUTE RUN

*Explanation & Diagram*





### **1 Minute Run:**

- Students must run around the cones as many times as possible within 1 minute.

### **Set Up & Equipment:**

- Two cones of the same colour are placed 10 metres apart in a straight line.
- Two cones (same colour); Stopwatch; Pen; Paper.

### **Rules:**

- Students must run around the outside of the cones.
- Every time they run around a cone that is equal to 1 lap.
- Laps do not count if they run inside the cones or cut back early.



### **Brio's Top Tip:**

"Pace yourself, a minute is a long time to try and run at full speed, set out at a steady pace and speed up for the last 20 seconds, only if you feel you are able to!"

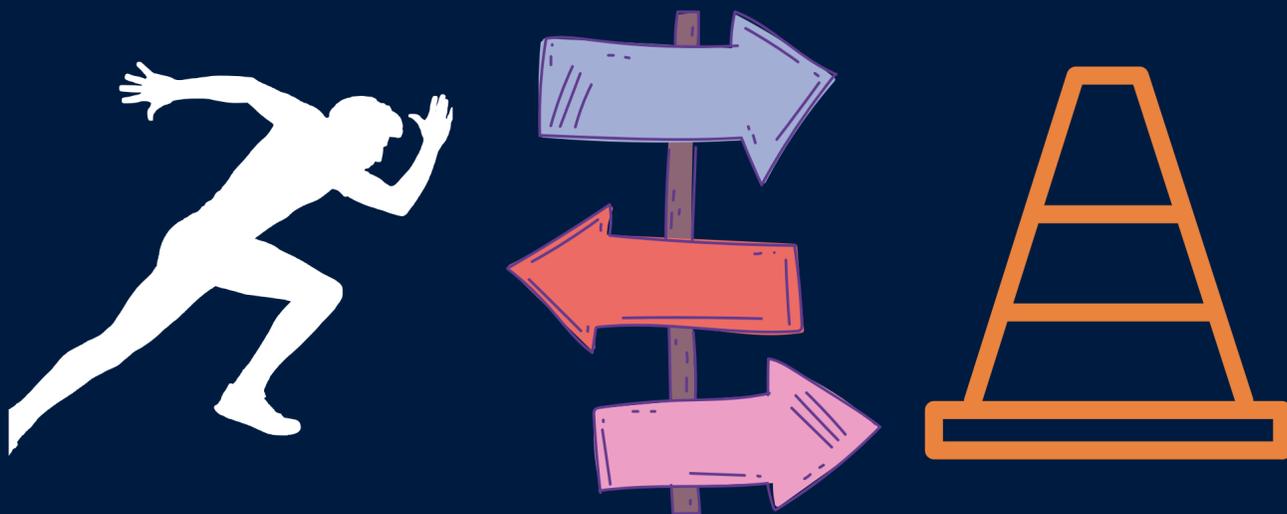


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# AGILITY RUN

*Explanation & Diagram*





### **Agility Run:**

- Students must run and touch all four cones as quickly as possible.

### **Set Up & Equipment:**

- Set four cones out in the shape of a square 5 metres apart.
  - 4 cones; Stopwatch; Pen; Paper.

### **Rules:**

- Students must start by laying down on their stomach with hands placed underneath their chin.
  - When leader says 'Go' student must get up as quickly as possible and touch all 4 cones (as seen above, straight first, back down diagonal, back up straight or red, green, yellow, blue).
- Time stops when the student has touched the last cone.



### **Brio's Top Tip:**

"Try and touch the cone with the hand that is nearest to the cone, also run on the balls of your feet!"



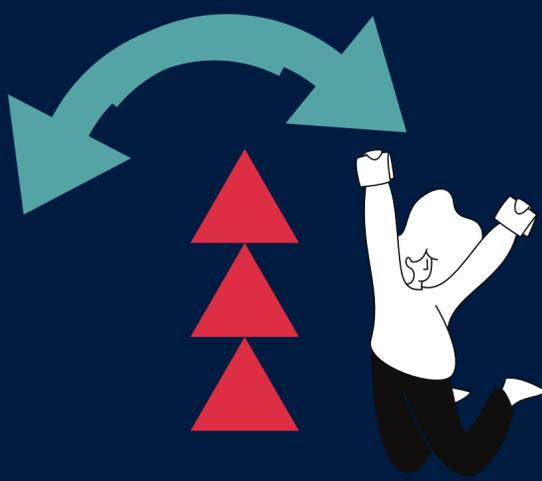
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# SPEED BOUNCE

*Explanation & Diagram*





### **Speed Bounce:**

- Students have 20 seconds to see how many times they can jump over the obstacle.

### **Set Up & Equipment:**

- Place the speed bounce mat in a safe place. If you do not have the mat, use 3 cones placed in a straight line close to each other.
- Speed Bounce Mat; 3 Cones; Stopwatch; Pen; Paper.

### **Rules:**

- Students keep 2 feet together and jump over the obstacle in the middle as fast as possible in 20 seconds.
- When they land on either side with 2 feet that is 1 jump.
- The person leading should count the amount of jumps.
- If they land with 1 foot this does not count as a jump.



### **Brio's Top Tip:**

"Jump with your feet together, try and get a rhythm going when jumping!"



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# STANDING LONG JUMP

*Explanation & Diagram*





### **Standing Long Jump:**

- Students must jump as far as possible from a 2 footed standing position.

### **Set Up & Equipment:**

- Mark out a starting line with chalk, tape or cones.
- Mark out 2 metres alongside the jumping area with a tape measure.
- When student jumps, score from the body part closest to starting line.
  - Chalk; Tape; Cones; Tape Measure; Pen; Paper.

### **Rules:**

- Students must start with 2 feet behind the line.
- Jump with 2 feet and attempt to land on both feet.
  - Always measure from the back of the foot.



### **Brio's Top Tip:**

"Bend your knees and swing your arms forward before you jump!"



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# BENCH BALANCE

*Explanation & Diagram*





### **Bench Balance:**

- Students have to try and balance on the bottom side of the bench for as long as possible.

### **Set Up & Equipment:**

- Turn bench upside down so the thinner part of the bench is on top.
  - Place a mat either side of the bench for safety.
  - Bench; Mats; Stopwatch; Pen; Paper.

### **Rules:**

- KS1 Students stand on the bench with one foot in the air, and the other foot on the bench.
- KS2 Students must balance on the bench in a stork stand position (one leg on bench, other resting on the inside of that one).
- Time starts when one leg is lifted off the bench, and stops when they fall or put leg down.



### **Brio's Top Tip:**

"Concentrate on something which isn't moving in-front of you and keep your body very still. To be good you must concentrate!"



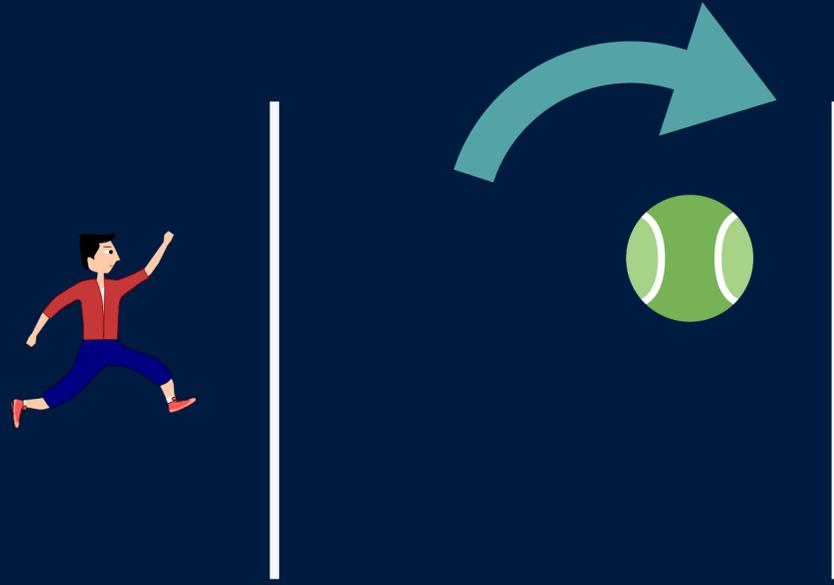
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# TENNIS BALL CATCH

*Explanation & Diagram*





## **Tennis Ball Catch:**

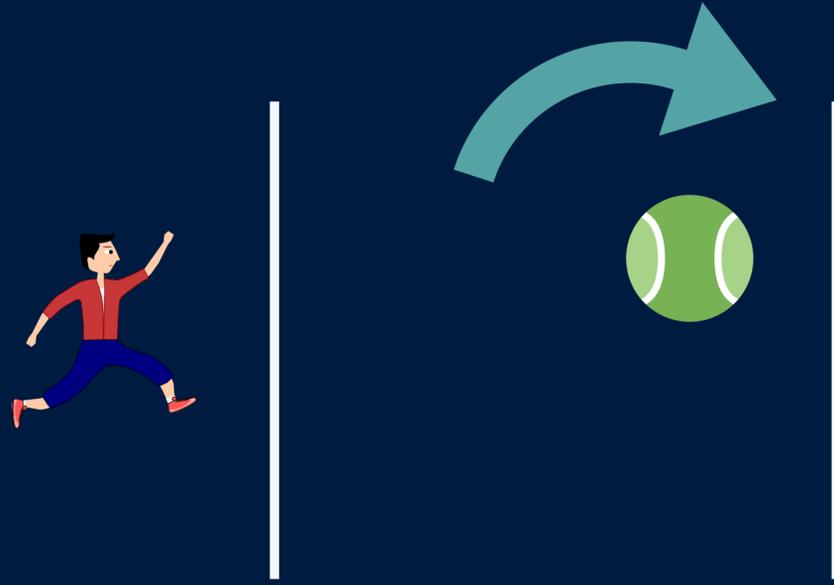
**YEAR 1:** Students bounce and catch a tennis ball on the spot for 30 seconds. Count how many catches are made.

**YEAR 2:** Place a cone 2 metres from a wall. Students stand next to the cone and underarm throw the tennis ball against the wall, let it bounce and catch with 2 hands. they have 30 seconds, count how many catches are made.

**YEAR 3:** Place a cone 2 metres from a wall. Students stand next to the cone and underarm throw the tennis ball against the wall, let it bounce and catch with **1 hand**. they have 30 seconds, count how many catches are made.

**YEAR 4:** Place a cone 2 metres from a wall. Students stand next to the cone and underarm throw the tennis ball against the wall, let it bounce and catch with **alternate hands (left to right etc)**. they have 30 seconds, count how many catches are made.

**YEAR 5&6:** Students must throw and catch with alternate hands (left to right etc) no bounce allowed. Count how many catches are made in 30 seconds.



## Tennis Ball Catch Cont.

### Set Up & Equipment:

- Cones; Tennis Balls; Stopwatch; Pen; Paper.

### Rules:

- Points only count if the ball is caught in accordance to the rules of the year group they are in.
  - Must be within the time limits of each year group.
- Those they are required to must stay behind the mark out line.



### Brio's Top Tip:

"Watch the ball carefully at all times and aim for the same spot on the wall each time!"



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# PLAYGROUND LAYOUT

*Explanation & Diagram*

