



## You Will Need

A 'Tester' to shout "On Your Marks, Get Set and Go" and record time

A Stopwatch

2 Cones or Garden Objects

## How To Set Up and Record Your Result



Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space). When the Tester shouts "On Your Marks", stand with your feet about shoulder-width apart, with your dominant foot slightly in front, just behind the first cone. Distribute most of your weight on the front foot. On "Set," bend slightly at the hips and knees, keeping your head and chest up. From here, place your arms in the ready position with one arm high behind your back (this should be the same arm as your dominant foot) and one arm low in front of your body. You may also start in the \*four-point\* start position with both hands on the ground (see image above).

Finally, when the Tester shouts, **"Go"** explode towards the second cone straight ahead, touching it before returning to your starting point.

Primary 1-4 (Foundation & Key Stage 1) students will cover 40m and the Tester will record how long it takes using the stopwatch.

Primary 5-7 (Key Stage 2) Students will cover 60m and the Tester will record how long it takes using the stopwatch.

The Tester will then inform you of your time in seconds (s) to 2 decimal places, for example 23.13s.

**Once you've got your time, record it in the Healthy Kidz App under Sports Day>Sprint.**



### Coaching Tips

Try to push off as hard as you can from your starting point when the Tester shouts "Go". Imagine a plane taking off on the runway.

Move your hands using the 'Hip to Lip' technique.

When turning ensure that you stay low and explode off the line each time to accelerate as quickly as possible.

### How to Prepare

Perfect the 'standing start' or 'four-point start' by practicing every day.

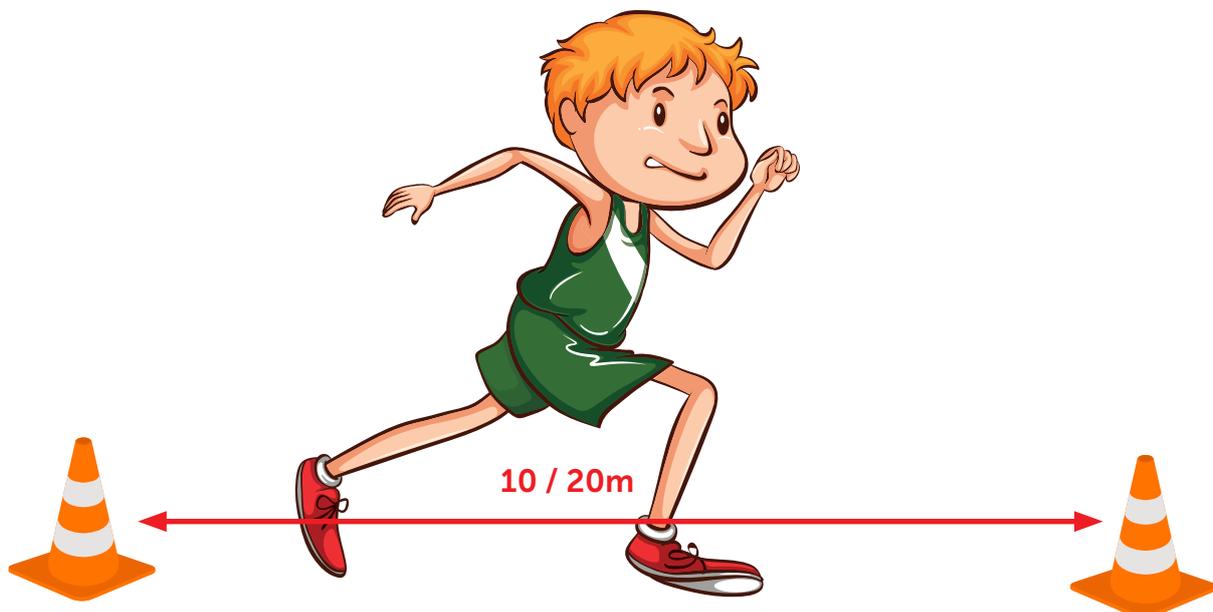
Improve your reaction time by asking your Tester to call "Go" at the start of your practice sprints.

Practice 3 sprints over your allocated distance every day.

To improve Hip to Lip technique:

- Start by sitting on the ground with your chest up, moving hands and pointed fingers from Hip to Lip. Try keeping your elbows bent.
- Progress by standing on the spot moving hands only.
- Then, march on the spot with hands moving in co-ordination with knees.
- Move from a march to a jog, before finally finishing with super speed sprint on the spot, with hands moving from Hip to Lip on every step.

Before you start, get yourself in the mood for this event by watching Usain Bolt smash the 100m record way back in 2009- <https://www.youtube.com/watch?v=By1JQFxfLMM>.





## LONG JUMP (Standing Broad Jump)



### You Will Need

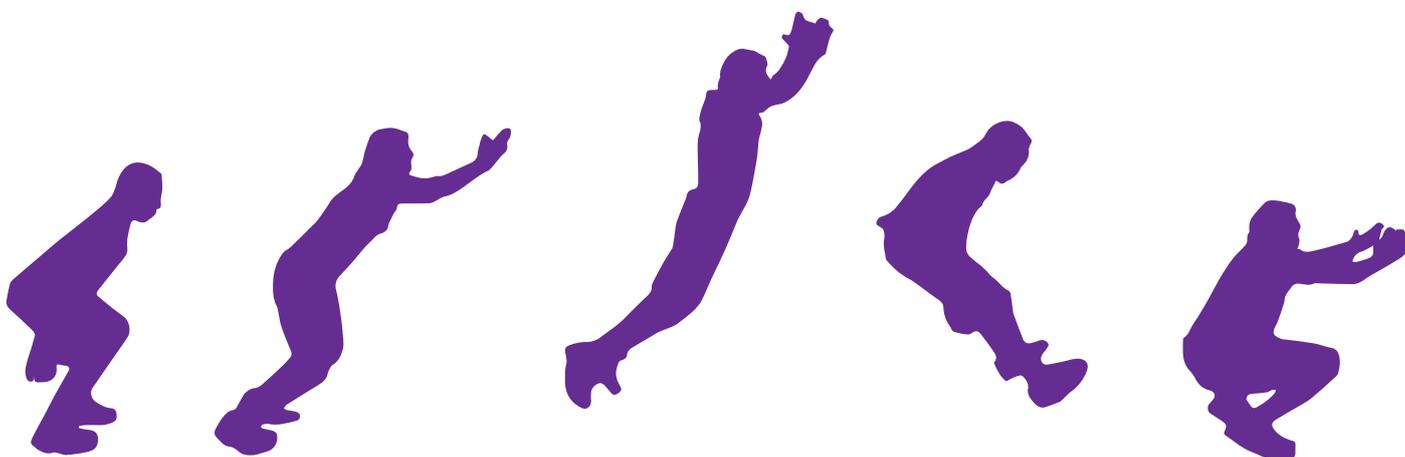
A Start Line- this can be any household object like a piece of rope or a plank of wood.

A Measuring Tape

A Tester with a Marker- this can be any small, movable object like a stone or a pair of socks

### How To Set Up and Record Your Result

At the Start Line, stand with your feet about shoulder-width apart, facing forwards with your toes just behind the line. When you're ready, dip slightly at the knees and jump as far as you can (just like below), raising your arms up above your head to propel yourself forward as far as possible.



Try to stick your landing (stumbling forwards is not permitted) and the Tester will place the marker behind whichever heel is closest to the Start Line.

Complete 3 attempts and move the marker only if you manage to beat your previous effort.

The Tester will then measure the distance from the Start Line to the Marker to the nearest centimetre (cm), for example 137cm and let you know your result.

Once you've got your distance, record it in the Healthy Kidz App under Sports Day>Long Jump.



# LONG JUMP (Standing Broad Jump)



## Coaching Tips

Make sure to dip just before takeoff to generate some momentum for your jump.

Use your arms to maximise your distance. On landing, bend your knees to soften the impact and bring your arms forward to help you maintain your balance. Imagine there is glue on the soles of your feet when landing.

## How To Prepare

Practice your vertical jump squats to get used to sticking your landing before taking on the Long Jump.

Then start with a short forward jump and focus on sticking your landing before trying to jump for distance. Take a look at this video of Byron Jones breaking the World Record for this event during the 2015 NFL Combine-

<https://www.youtube.com/watch?v=D3XlqZaJF9U>.

**Notice how he uses his arms as he dips and explodes during his takeoff.**





# HIGH JUMP



## You Will Need

A high Wall or Fence

A Measuring Tape

A 'Tester' with a Pencil/Chalk or similar to mark the height of your jump

## How To Set Up and Record Your Result

Begin standing sideways to the Wall or Fence you will be using, with your dominant arm a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side. With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.

You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you, explode off the ground touching the wall with your dominant hand at the highest point possible.

The Tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark whilst \*stationary\* and jumping mark at the top of the jump).

Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort.

The Tester will then measure the distance between the two marks in centimetres (cm) and let you know your best result.

Once you've got your jump height, record it in the Healthy Kidz App under Sports Day>High Jump.





# HIGH JUMP



## Coaching Tips

Focus on coordinating your arms throughout the movement to make sure they're as high as possible when you touch the wall.

Dip down quickly and not too deep into a squat position before executing your jump.

Make sure you land in a safe position once you have completed the jump, on two feet with knees slightly bent.

## How To Prepare

Practice your jump with and without the chalk in your hand to see how it affects your jump height. If you're struggling to jump and mark, make sure your Tester is close during your jump to quickly mark your effort. Have a look through some of our Healthy Kidz Workouts (found on our YouTube Channel - Healthy Kidz) and pick out your favourite squat/jump exercises to help build your strength and power, like Sumo Squats and Frog Leaps.

Try putting some of these tips on technique into practice away from the wall to start-

<https://www.youtube.com/watch?v=Wzwf0eDAMCE>.



# EGG AND SPOON RACE

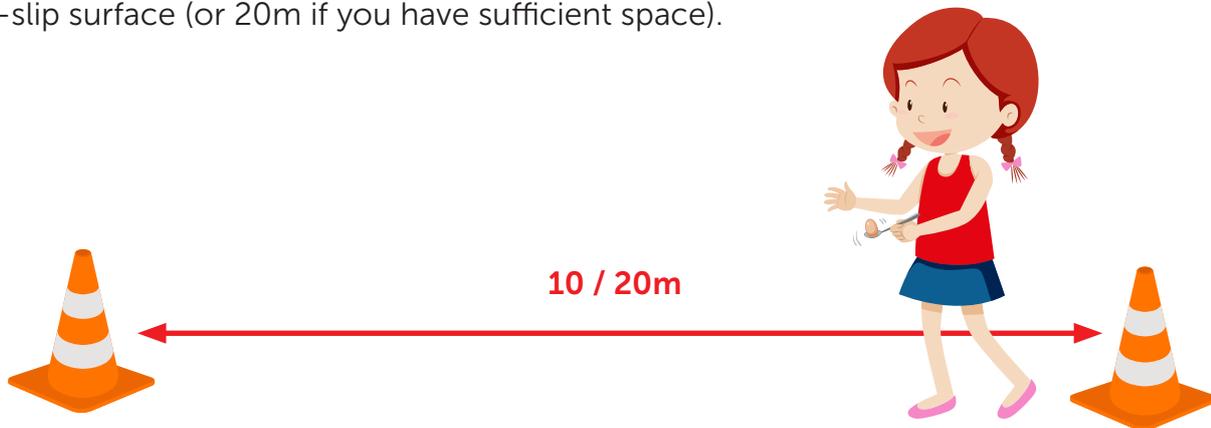


## You Will Need

- An Egg (boiled to avoid any mess!)
- A Tablespoon
- A 'Tester' to shout "Ready, Steady and Go" and record time
- A Stopwatch
- 2 Cones or Garden Objects

## How To Set Up and Record Your Result

As per the Sprint set-up, place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).



Line up at the starting cone with your egg balancing on your top of your spoon.

Make sure you have one hand holding the spoon at the end of the handle and the other hand behind your back.

When the Tester Shouts "**Ready, Steady. . .**" tilt forwards slightly and find your balance with the egg and spoon extended slightly in front of your body.

On "**Go**", move as quickly as possible (walk or run) to the second cone and turn carefully before returning to your starting point.

If you drop your egg off your spoon, you must go back to the beginning and Start again!

Primary 1-4 (Foundation & Key Stage 1) students will cover 20m and the Tester will record how long it takes using the stopwatch.

Primary 5-7 (Key Stage 2) Students will cover 40m and the Tester will record how long it takes using the stopwatch.

**Once you've got your final time, record it in the Healthy Kidz App under Sports Day>Egg and Spoon Race.**



# EGG AND SPOON RACE



## Coaching Tips

The key to this event is concentration. As your technique improves, try to get used to looking where you are going to make sure you're turning right at the cone each time.

"Slow and steady wins the race." It's important that you don't drop your egg or this could cost you serious time. Take your time and try to complete the race without any fumbles.

You can begin with a larger spoon to get comfortable and work on your speed, but must use a tablespoon when recording your result on Sports Day.

## How to Prepare

Before you start to move with your egg and spoon, try simply balancing the egg on your spoon in a stationary position. You can progress this by balancing on each leg before adding movement.

Start at walking pace and when you feel comfortable, try to go a little bit faster.

You may also use some garden objects to create a simple obstacle course. You can practice keeping your eyes looking out in front at the obstacles whilst changing direction to avoid them.

**If your eggs survive the race, why not make some tasty egg sandwiches to help you recover after Sports Day!**



# WELLY BOOT TOSS



## You Will Need

A Wellington/Welly boot (make sure to give it a good clean first!)

A Start Line- this can be any household object like a piece of rope or a plank of wood.

A Measuring Tape

A Tester with a Marker- this can be any small, movable object like a stone or a pair of socks.

## How To Set Up and Record Your Result

Start by holding the front side of your Welly boot in your strong hand, just below the ankle.

Place the boot onto your shoulder, with the sole almost touching the side of your face. This should look like you're about to make a phone call.

Stand sideways to your target with your feet shoulder-width apart. The Welly boot should be in the hand furthest from the starting line (Left foot on the start line, Welly boot in your right hand).

When you're ready, quickly move your weight on to your back foot and throw the Welly boot as far as possible by extending your arm and moving your weight back onto your front foot.

Your chest should be facing the target once you have released the Welly boot, but you must not cross the Start Line after your throw or this will not count.

The Tester will then place the Marker where the Welly boot first made contact with the ground.



**Using the Measuring Tape, the Tester will then check how far the Welly boot travelled and this distance (in metres and centimetres) can be recorded in the Healthy Kidz App under Sports Day>Welly Boot Toss.**



# WELLY BOOT TOSS



## Coaching Tips

Try to keep your Welly boot close to the side of your head with your elbow bent, throughout the back and forward movement.

Practice with some lighter objects like a pair of socks or a beanbag to get your technique right.

Have a go with both hands to test out which side is stronger.

## How to Prepare

Before throwing, get used to pushing your Welly boot up and down over your head to get a feel for the movement.

Squats will help with your lower body strength and balance.

Try some lateral/sideways lunges to get used to transferring your body weight backwards and forwards.

Tuck jumps will make you explosive and powerful to get maximum distance on your throw.

Take a look at this 'Shot Put' demonstration video on YouTube to see how it should be done:

<https://www.youtube.com/watch?v=z0auOolG6WU>.



# SUPERSTRONG CHALLENGE



## You Will Need

A 'Tester' to shout "Ready, Steady and Go" and record time

A Stopwatch

2 Cones or Garden Objects

## How To Set Up and Record Your Result



Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (preferably grass to cushion your hands slightly).



You will begin in the start position with one foot touching the first cone and your head pointing towards the second cone.

When the Tester shouts **"Go!"** , crawl forwards as quickly as possible until you can touch the second cone with your hand.

Once you have touched the second cone with your hand, crawl backwards and return to the first cone as quickly as possible, touching it again with your foot.

Primary 1-4 (Foundation & Key Stage 1) students will cover 20m (Forward-Back) and the Tester will record how long it takes using the stopwatch.

Primary 5-7 (Key Stage 2) will cover 40m (Forward-Back-Forward-Back) and the Tester will record how long it takes using the stopwatch.

Once you've got your time, record it in the Healthy Kidz App under Sports Day>Bear Crawl Charge.



## SUPERSTRONG CHALLENGE



### Coaching Tips

Try to move your opposite arm and opposite leg at the same time to stay balanced- Right Arm/Left Leg and Left Arm/Right Leg.

Keep your back flat- there should be a straight line from your hips, right through to your head.

Pretend you're carrying a bucket of water on your back and try not to spill any.

### How to Prepare

Start by practicing your plank exercises to get your core strong (low plank with elbows bent, resting on your forearms and high plank with elbows locked out straight and resting on your hands).

Add in some push-ups to build strength in your chest and shoulders (begin on your knees if you have to).

Mountain climbers will help keep those hips loose and work on your endurance.

Take a look at our Global Challenge- Week 4 workout to see the 'Bear Crawl' in action and why not give it a go to help with your Sports Day preparation?

**<https://www.youtube.com/watch?v=cYJyEbiR8RY>**

**Remember to practice the 'Bear Crawl Charge' every week to see if you can improve your Personal Best time and smash it on Sports Day.**



## You Will Need

A 'Tester' to shout "Ready, Steady and Go" and record time and distance

A Stopwatch/Timer

2 Cones or Garden Objects

## How To Set Up and Record Your Result

Place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).



Begin at your starting cone in a standing start position (similar to your Sprint start position but standing slightly more upright).

When the Tester shouts, **"Ready, Steady, Go"**, begin running at a steady, comfortable pace to the second cone, before turning sharply and returning to your original cone.

You will repeat this for your allotted time, with the Tester counting the number of lengths you can complete.

Primary 1-4 (Foundation & Key Stage 1) students will run for a total of 3 minutes and the Tester will record how many lengths have been completed in this time.

Primary 5-7 (Key Stage 2) Students will run for 5 minutes and the Tester will record how many lengths have been completed in this time.

You will then work out your total distance, for example, if your cones are spaced 10m apart and you manage to complete 50 lengths, your total distance will be 500m or if your cones are spaced 20m apart and you manage to complete 30 lengths, your total distance will be 600m.

Once you've managed to work out your total distance- record it in the Healthy Kidz App under Sports Day>Marathon Challenge.



# MARATHON CHALLENGE



## Coaching Tips

Remember to try to pace yourself so that you don't have to stop for a break at any point during the challenge.

Playing some music in the background might help you to you relax and take your mind off the run.

Keep your turns sharp to shave some seconds off your time.

Ask your Tester to give you a 30-second warning before the final part of the race so you can make a big push for home.

## How To Prepare

You can really improve your endurance each week by simply practicing this event and trying to improve your total distance.

Try not to eat right before the event and drink plenty of water a few hours beforehand to make sure you're fuelled up and ready to go.

See if you can recreate Mo Farah's epic Sprint finish during the last 30 seconds of your Marathon Challenge -

<https://www.youtube.com/watch?v=LRTxzLJ8Emo>.





# CREATE YOUR OWN OBSTACLE COURSE



## **This is your chance to be your own coach. The final design is up to you!**

We've suggested some possible courses below, but try to be as creative as possible and send us a picture of your course set-up and a guide on how to complete it.

### **Option 1 – Basic Course**

Start ▶ Balance ▶ Bottle Flip ▶ Crawl under blanket ▶ Jumper

**Step 1** – Balance: Balance a plastic cup on your head

**Step 2** – You must bottle flip a ¼ full plastic bottle of water before you can move on

**Step 3** – Crawl under a big blanket

**Step 4** – Put on a Jumper and race to the finish

### **Option 2 – Fitness Course**

Start ▶ 20 Star Jumps ▶ 15 Burpees ▶ 10 Sit Ups ▶ 5 Press Ups

**Step 1** – Do 20 Star Jumps and run to next station

**Step 2** – Do 15 Burpees and run to the next station

**Step 3** – Do 10 Sit ups and run to the next station

**Step 4** – Do 5 Press ups and run to the finish

### **Option 3 – Timed Circuit**

**(The winner will be whoever can complete the circuit in the quickest time)**

Start ▶ Bottle Flip ▶ 10 sit ups ▶ Plastic Cup Balance ▶ 10 Burpees ▶ Jumper and Shorts ▶ Finish

**Step 1** – Bottle Flip Challenge, once completed, run to next station

**Step 2** – Complete 10 Sit Ups and hop one footed to next station

**Step 3** – Balance Plastic cup until next station

**Step 4** – Complete 10 Burpees and run to next station

**Step 5** – Put a jumper and shorts on over your clothes and run to the finish **(stop the clock!!)**