



# **Virtual Sports Day 2020**

**Let's Go #TeamUMPS**

# Virtual Sports Day 2020

You will be representing your House Team in 10 Sporting Challenges!

The House Team with the highest scores will be crowned the  
Virtual Sports Day 2020 WINNERS!

All children who participate will be given 5 Dojos. Extra Dojos will be  
rewarded for video evidence.



# What Will You Need?

All you will need is...

**A safe space to work in**

**Stopwatch**

**6 Pairs of socks**

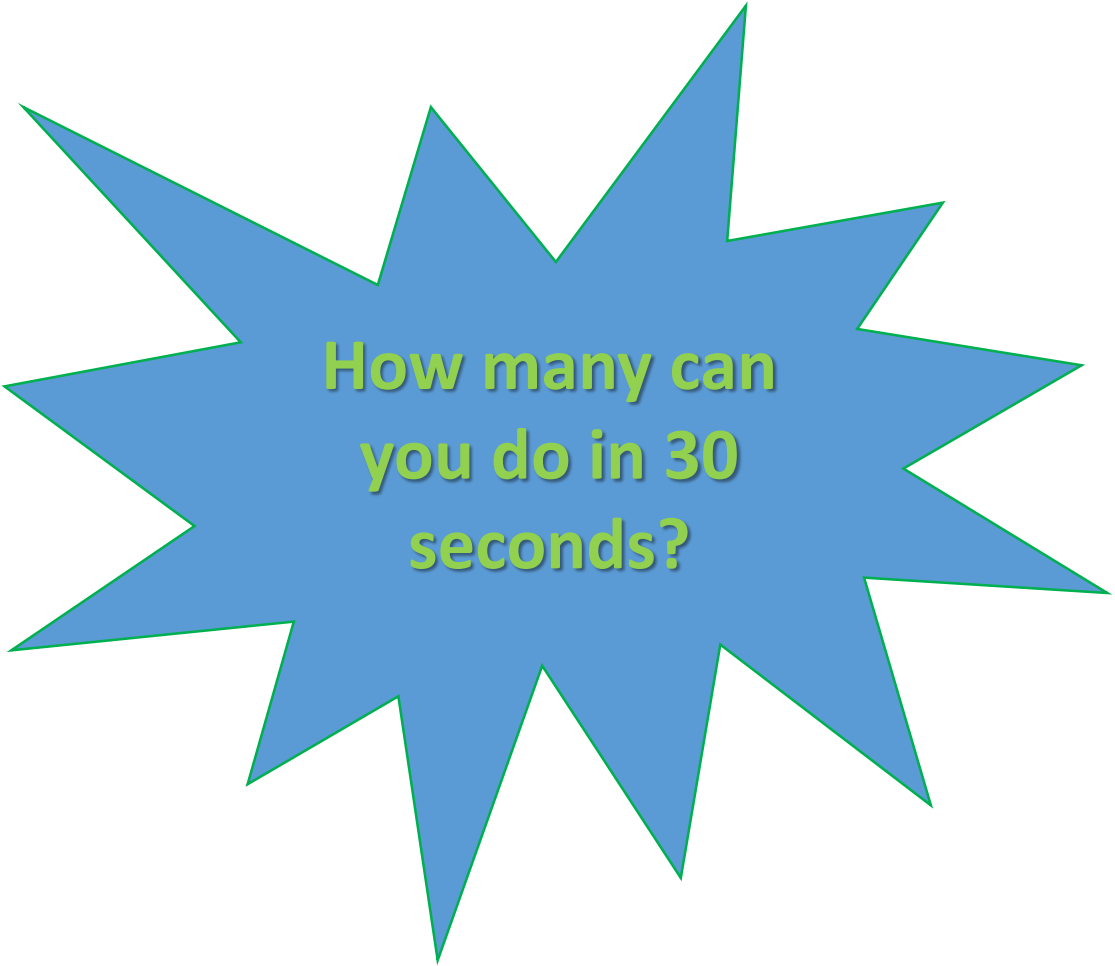
**1 Cereal Box**

**1 Balloon**

**1 Ball**

# The 10 Sporting Challenges

1. Balloon Football Keepy Uppies
2. Cereal Box Twist
3. Press Ups
4. Side Step Bounce
5. Sock Shuttle Relay
6. Plank
7. Balloon Hand Keepy Uppies
8. Cereal Box Speed Bounce
9. Star Jumps
10. Burpees



How many can  
you do in 30  
seconds?

# Challenge 1. Football Keepy Uppies

Here we have **ex-England Footballer and current West Ham player Jack WILSHERE** challenging you to see how many keepy uppies you can do with a ball or balloon in 30 seconds!



Click on the video for a demonstration!

Don't worry if the ball or balloon falls to the floor you can continue counting your score.

Jack did 29, how many can you do?



## 2. Cereal Box Twist

Here we have  
**International  
Heptathlete  
Niamh BAILEY**  
showing us how to  
do the Cereal Box  
Twist Challenge!  
How many twists  
can you do in 30  
seconds?



Click on the video for a  
demonstration!

Don't worry if you need a rest,  
carry on counting from where  
you left off.

Niamh did 64, how many can  
you do?





# Challenge 3. Press Ups

Here we have  
current  
**Northampton  
Saints and  
Australian  
International  
Rugby Player  
Taqele  
NAIYARAVORO**  
challenging you to  
the 30 second Press  
Up Challenge!



Click on the video for a  
demonstration!

Don't worry if you need a rest,  
carry on counting from where  
you left off. If the full press up  
is too challenging, complete  
them on your knees.

Taqele did 33 , how many can  
you do?



# Challenge 4. Side Step Bounce

Here we have **ex-Coventry City**  
**and current**  
**Newport County**  
**Footballer Ryan**  
**HAYNES**  
challenging you to  
the 30 second Side  
Step Bounce  
Challenge!



Click on the video for a  
demonstration!

You can use any objects around  
the house, make sure they are  
1 metre apart.





# Challenge 5. Sock Shuttle Relay

Here we have **ex-England Hockey Squad Member Toni TULL** demonstrating how to do the 30 second Sock Shuttle Relay!



Click on the video for a demonstration!

You need 6 pairs of rolled up socks. Try to use a distance of 5 metres. Count how many times you take a pair of socks to the end of your relay track. When all the socks are at the end, start again!



# Challenge 6. Plank

Here we have  
**Northampton  
Town Football  
Player Shaun  
MCWILLIAMS**  
taking you through  
the correct  
technique for the  
30 second Plank  
challenge!



Click on the video for a  
demonstration!

Try to hold the Plank for as  
possible with the target of 30  
seconds! Whenever you stop is  
the score you will get!



# Challenge 7. Tennis Keepy Uppies

Here we have  
**Great Britain and  
future  
Paralympic  
Tennis Player  
Dermot BAILEY**  
challenging you to  
the 30 second  
Tennis Keepy Uppy  
challenge!



Click on the video for a demonstration!

Using a balloon or a rolled up pair of socks see how many Keepy Uppies you can do just using your hands! Don't worry if you drop it you can carry on counting from where you left off!

Dermot got 48! Can you beat him?





# Challenge 8. Cereal Box Speed Bounce

Here we have  
**England and  
Great Britain  
Hockey Player  
Chris GRIFFITHS**  
challenging you to  
the 30 second  
Cereal Box Speed  
Bounce challenge!



Click on the video for a demonstration!

Using a cereal box or another soft object, see how many times you can jump over the object, landing two feet at the same time.



# Challenge 9. Star Jumps

Here we have  
**Personal Trainer,  
Long Distance  
and Marathon  
Athlete Gabby  
MORIARTY**  
challenging you to  
the 30 second Star  
Jump Challenge!



Click on the video for a demonstration!

Don't worry if you need a rest, you can carry on counting from where you left off!

Gabby managed to do 45! Can you beat her?



# Challenge 10. Burpees

Here we have  
**Birchfield**  
**Harriers National**  
**and English**  
**School's**  
**Decathlete Sam**  
**MEYLER** setting  
you the 30 second  
Burpee challenge!



Click on the video for a demonstration!

If these burpees are too challenging, do not include the jump and instead of jumping your legs into tuck they can be stepped in one at a time.

Sam managed to do 20! How many can you do?





# How To Record Your Results

You will have from 9am until 5pm on Tuesday 23<sup>rd</sup> June 2020 and Wednesday 24<sup>th</sup> June 2020 to complete the 10 challenges!

You will need to send your results to your Class Teacher, with your name and the score you got for each challenge by 5pm at the latest.

We would also love to see your pictures and videos on our school twitter: @UptonMeadows and @UptonPEandSport using the hashtags #TeamUMPS and #UMPSVirtualSportsDay2020



**GOOD LUCK**  
**#TEAMUMPS**



# **A Very Special Thankyou To...**

**Jack Wilshere**

**Niamh Bailey**

**Taqele Naiyaravoro**

**Ryan Haynes**

**Toni Tull**

**Shaun McWilliams**

**Dermot Bailey**

**Chris Griffiths**

**Gabby Moriarty**

**Sam Meyler**

**For making this Virtual Sports Day extra special!**