The Sir John Colfox Academy Virtual Sports Day

Instruction and recording Sheet
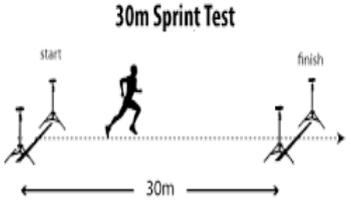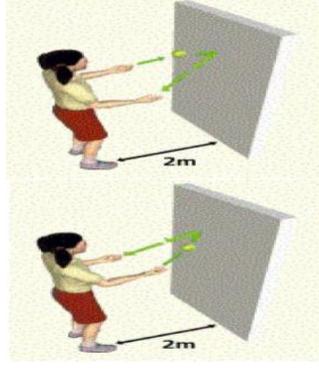
Event	Instructions	Picture	BEST SCORE
30m Sprint	1. Run 30m as fast as you can! 2. Start the stopwatch when you begin running 3. Stop it when you pass the finish line! 4. Record the time taken		
Standing Long Jump	1. Draw or mark a straight line 2. Stand behind line, feet slightly apart 3. Take off from <u>two</u> feet and land with <u>two</u> feet 4. Measure distance from back of heel closest to line you took off from		
Standing High Jump	1. Chalk your fingertips 2. Stand sideways with your shoulder next to a wall, keeping your feet <u>FLAT</u> on the ground reach up as high as you can and make a mark 3. Chalk your fingers again and jump and make a mark as high up the wall as you can. 4. Measure the difference between the two marks		
Co-ordination test	1. Stand 2 metres from the wall 2. Face the wall in a crouched position 3. Throw the ball against the wall and catch it with opposite hand, This counts as ONE CATCH 4. Repeat the process again. Every throw and catch counts as one 5. If you drop the ball, just pick it up and carry on 6. Stop after 30 seconds 7. The amount of balls caught are your score		
Sit up test	1. Lie flat on a carpeted or cushioned floor with your knees bent at approximately right angles, with feet flat on the ground. Your hands should be resting on your thighs. The feet are not anchored. 2. Squeeze your stomach, push your back flat and raise high enough for your hands to slide along your thighs to touch the tops of your knees. Then return to the starting position 3. Every time you return to the flat position, that counts as one sit up. 4. Record the number of sit ups completed in one minute		