



Ty Gwyn Sports Week 2021

Week Commencing 14.06.21



Sock Toss

Equipment Needed

1. 15 pairs of socks. Pairs of socks bunched together to make sock "balls"
2. A bucket or a waste paper bin
3. Measuring tape
4. Masking tape
5. 30 second timer

Method

1. Place the bin or basket on the floor and mark 3 metres from it using the masking tape. This will be the line to throw from.
2. Students will be given 30 seconds to throw as many socks as they can into bin or basket.
3. After 30 seconds the student will be told to stop and the socks in the bin or basket will be counted.
4. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- 1-3 pairs of socks - 3 Points
- 4-7 pairs of socks - 6 Points
- 8+ pairs of socks - 10 Points



Balloon Keepy Uppies

Equipment Needed

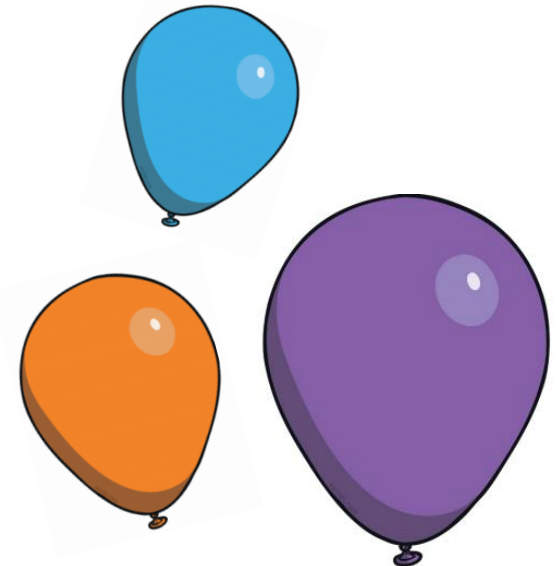
1. Balloons
2. Someone to keep score

Method

1. Student or staff member to throw the ball in the air to start. The student then has to keep the balloon in the air using only their hands, feet and head.
2. When the balloon hits the floor, the game is over.
3. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- 1-3 Keepy Uppies - 3 Points
- 4-7 Keepy Uppies - 6 Points
- 8+ Keepy Uppies - 10 Points



Toilet Roll Tower

Equipment Needed

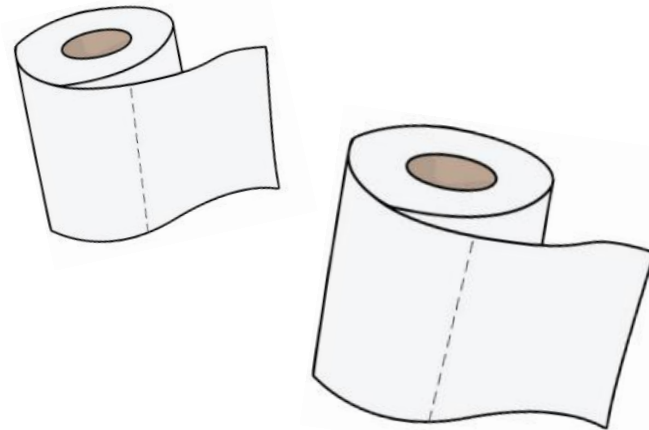
1. 15 toilet rolls
2. 1 Minute timer
3. Someone to keep score

Method

1. Students have 1 minute to build a toilet roll tower.
2. The aim is to stack the toilet rolls one on top of another to make the tallest tower possible in 1 minute.
3. After 1 minute, the student will be instructed to stop.
4. Staff to count along with students to see how many toilet rolls are stacked in their towers.
5. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- 3 toilet rolls - 3 Points
- 4-7 toilet rolls - 6 Points
- 8-10 toilet rolls - 10 Points
- 11+ toilet rolls - 15 Points



Bottle Flip Challenge

Equipment Needed

1. Water bottle $\frac{3}{4}$ filled with water
2. 1 Minute timer
3. Someone to keep score

Method

1. Students have 1 minute to do as many bottle flips as they can.
2. For the bottle flip to count, the bottle must spin 180° in the air before landing upright on its base.
3. After 1 minute, the student will be instructed to stop.
4. Staff to keep track of how many successful bottle flips the student does in the minute.
5. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- 1-3 bottle flips - 3 Points
- 4-7 bottle flips - 6 Points
- 8+ bottle flips - 10 Points



Battleship Pong

Equipment Needed

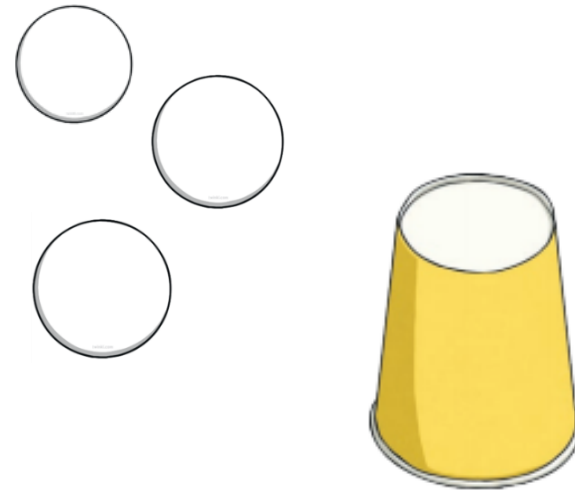
1. 2 ping pong balls
2. Printed battleship sheet x2
3. 12 plastic party cups
4. A table
5. Ping pong ball launcher if needed (link to instructions - <https://kidsactivitiesblog.com/28664/building-a-catapult/>)

Method

1. Staff to select 2 students from opposing house teams.
2. Students to sit either end of the table with their cups positioned on top of their battleship mats.
3. The first student will attempt to throw, flip or launch a ping pong ball into their opponents cups. If the students gets a ball in their opponents cup, that cup is eliminated and they get another turn. If they miss, their opponent gets their turn.
4. Both students are to take turns at doing this until one students cups are all gone. The student with cups left is the winner!
5. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- Winner of match - 25 points
- Runner up - 5 points



Summer Dress Up Race

Equipment Needed

1. Measuring tape
2. Summer hat, sun lotion, sunglasses, Hawaiian garland, beach towel
3. Masking tape
4. Stop watch

Method

1. Staff to mark out 5 stations with masking tape on the floor that are approx. 1 metre apart from each other.
2. Staff to place each of the summer themed items on the different stations.
3. The aim is to rush between the stations putting on the summer themed items in the fastest time possible.
4. Staff to instruct student to "Go" whilst starting stopwatch.
5. Staff to stop stopwatch when the student has put all 5 items on.
6. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- 3+ minutes - 3 points
- 1 min - 2mins 59seconds - 6 points
- -1 minute - 10 points



Cup and Water Slalom

Equipment Needed

1. Measuring tape
2. 5 cones (available from PE cupboard)
3. Plastic cup filled with water to brim. Cup to be marked half of the way down with a marker pen.
4. Kitchen roll for mopping up water!

Method

1. Staff to place 5 cones on the floor in a straight line approx. 1 metre apart.
2. Student to slalom between the cones whilst holding the glass of water. The aim is to complete the slalom as quickly as possible with the maximum amount of water in the cup.
3. Staff to time students whilst they complete the slalom and record how much water is left in the cup at the end.
4. Class team to record results for each student on OneDrive > Sports Week 2021 score sheet.

Scoring

- 30 seconds + - 3 points
- 15 secs. - 29 secs. - 6 points
- -14 seconds - 10 points
- +
- Glass more than half full - An additional 10 points
- Glass less than half full - 0 additional points



Washing Line Challenge

Equipment Needed

1. A washing line
2. Pegs
3. Items of clothing - t-shirt, a pair of socks, a pair of trouser, a jumper, a vest
4. 1 minute timer

Method

1. Hang washing line within student's reach.
2. The aim is to hang as many items of clothing on the washing line in 1 minute.
3. Each item of clothing has to be hung with at least 1 peg.
4. When the minute has ended, staff are to instruct the student to stop. Staff to assist students to count how many items are hung on the line.
5. Class team to record results for each student on [OneDrive > Sports Week 2021 score sheet](#).

Scoring

- 1-3 items - 3 points
- 4-5 items - 6 points
- All 6 items - 10 points



Battleship Pong

