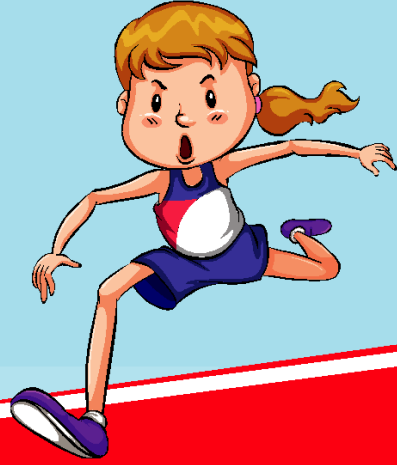




VIRTUAL SPORTS DAY 2020





SPRINT



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



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

Primary (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.



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 practising every day.

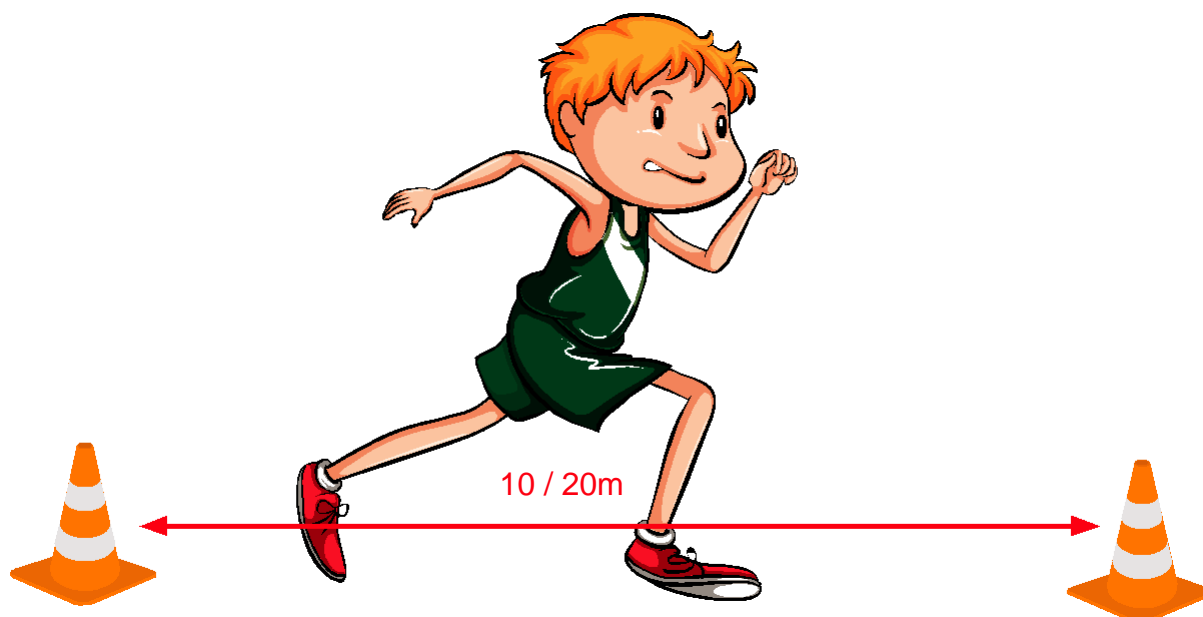
Improve your reaction time by asking your tester to call “Go” at the start of your practice sprints.

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 Mr Sebo’s demonstration video.





LONG JUMP (Standing Broad Jump)



You Will Need

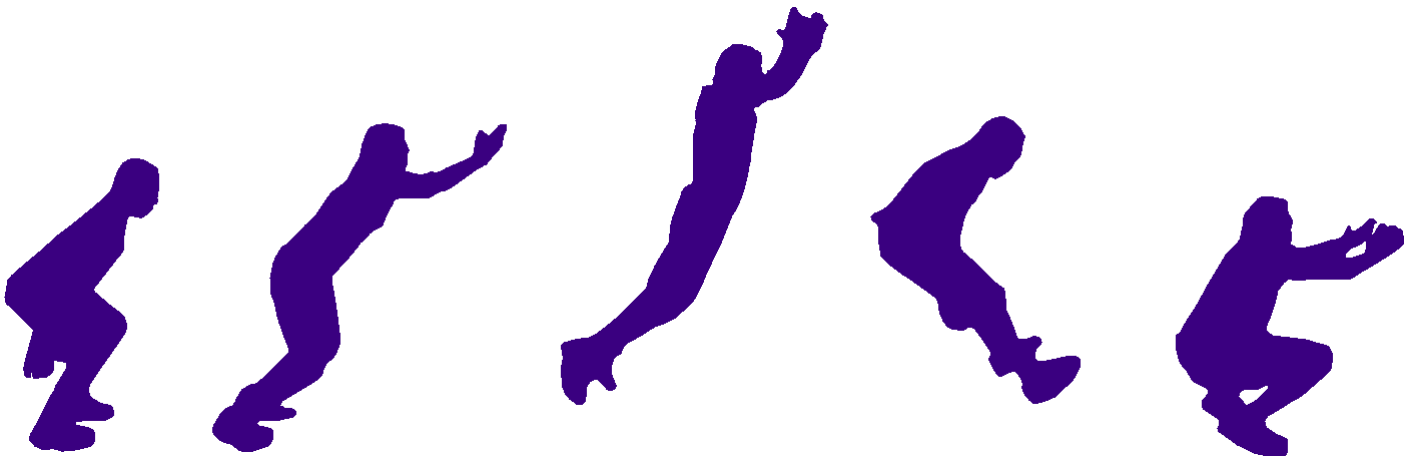
A start line- this can be any household object like a piece of rope or a plank of wood.

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

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.



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

Practise 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 Mr Sebo's video demonstrating the long jump.



