

PE NEWS

MONDAY 13TH JULY



ANOTHER CHANCE FOR ONE HOUSE TO CREATE HISTORY



READ ON FOR MORE INFO...

PE NEWS

MONDAY 13TH JULY

We are so disappointed not to have been able to have our usual Sports Day at school this year. This is by far our favourite day in the school calendar and we love to see you all actively getting involved to earn participation points for your houses and celebrate your successes. It is a unique opportunity for the whole school to come together for one day and support each other in various events.

So to celebrate reaching the final week of this very unusual term and provide an opportunity for you all to represent your houses one final time we have our own **VIRTUAL SPORTS DAY!**

The theme continues on from National School Sports Week which focusses on TOGETHERNESS and will underpin some of our Teign School values; Support each other, Celebrate achievement for all & Your 'best' Mindset.

As many of you know it is not often who comes 1st, 2nd and 3rd in the events but the house who contributes the most participation points who becomes the overall winner.

Centaurus have been crowned champions for the past 3 years – can anyone stop them this year?



VIRTUAL SPORTS DAY!



There are SO many ways you can earn points for your houses. All the information you need with various videos, instructions and how to submit your scores will be available via a link on your Epraise on Monday 13th July.

How can YOU get involved?

There will be NO other lessons this day like our usual sports day so we will be expecting EVERY student to participate in the various challenges and activities. With a slight twist to events this year we hope to have found something for everyone.

What do YOU have to do?

1. Complete the **5** 60s challenges you have been set this term again and submit your scores online (step ups, bunny hops, mountain climbers, single leg squats and seated transfer)
2. Select at least **1** Just for Fun Sports Activity (Egg & spoon, poop the potato, flip flop challenge, object on head race, dress up in your Teign PE kit as quick as possible)
3. Select at least **1** Traditional Sports Day Challenge (Shuttle run, standing long jump, vertical jump, speed bounce, target throw)
4. Select at least **2** Cross Curricular Enrichment Activities

Art	Photography Action challenge	Maths	TBC
BVC	Hajj Hopscotch	MFL	Quiz on sports in Spanish & French
Drama	Sport Mime	Science	Design a new sports glove
English	Alliteration Alphabet Sports	Technology	Various challenges
Geography	Map your walk, run, cycle	Music	Guess the sports theme quiz
History	Historical Olympic Kahoot		

VIRTUAL SPORTS DAY!



How do **YOU** earn points?

- For completing all 5 60s challenges you will earn 10 points
- For every Just for Fun Activity and Traditional Sports Day challenge you complete you will earn 10 points
- For every Cross Curricular Enrichment Activity you complete and submit to the subject teacher you will earn 10 points

Remember you must do **at least 1** Just for Fun and Traditional Sports Day challenge **PLUS at least 2** Cross curricular Enrichment Activities.

You can of course do as many of the activities and challenges as you wish – the more you do and the more involved you get the more points you will earn for your house 😊

How do **YOU** submit your scores?

You will be able to do this after each activity by submitting your score via a form OR sending your completed activity to your subject teacher

How do **YOU** earn additional points?

There will be additional points available for the top 3 students in each year group for each activity/challenge.

You can send photos/videos of you completing the challenges throughout the day via email/Teams/forms. Every photo/video you send of the different activities will earn you an additional 10 points. We have received SO many great photos and videos throughout distance learning we can't wait to see these



VIRTUAL SPORTS DAY!



But I am no good at sport?

This is simply not true – **everyone** can **BE active** and can **ENJOY** it at the same time.

This is not about who can do the most steps ups in 60 seconds or who can jump the highest in the vertical jump challenge.

This is about YOU representing your house, having a go, trying something new, challenging yourself and most importantly having fun!

But I don't have the right equipment/space?

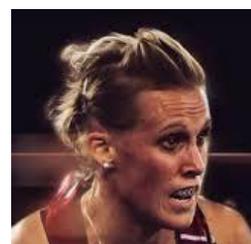
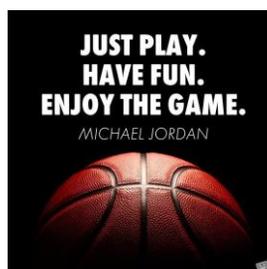
All activities can be adapted for indoors or outdoors and using household items. All the videos will show you how to set up each activity/challenge.

What if I get confused on the day?

You can email your PE teacher or anyone from the PE department or even your Tutor



The expert in anything was once a beginner.



“ You miss 100% of the opportunities you don't take. I believe that both on and off the pitch.

Alex Danson