


Dear parents/guardians

With all this fantastic weather we thought we would make the most of it and attempt to create a sports day/week at home.

As with all the work that is sent home this is only a suggestion and only to be used if wanted. The idea is to create a sports day like we would have done at school at home. It is all based around the fundamental movements and involves lots of what we would have done in P.E this year just with added fun. To access all the material you will need to go to [www.ecsligo.ie](http://www.ecsligo.ie) website and click the link for Virtual Sports day. In there you will find everything you need, or it will give ideas to create your own.

Timetable (found in downloads on website)

Sports Day Planner		
		
Event	Time	Level Completed

The idea is to make it as child/family centred as possible and for you as a family to come up with the activities you would like to do for the day or each day of the week. Include times for break and lunch etc.

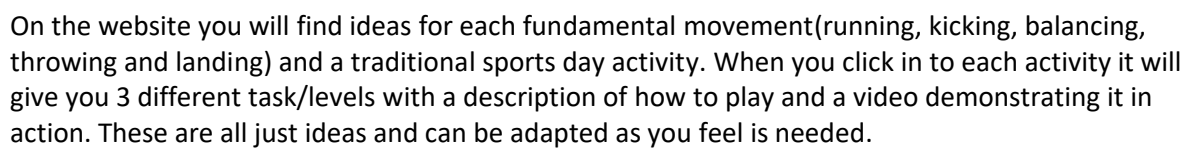
Shopping List / Equipment list	
<b>Goodies</b>	<b>Running</b>
Block of ice-cream & wafers	Equip Household Alternative
2 packs of jelly snakes	Red, Yellow, Green cones
Multi-pack of popcorn	Cones cut from cereal box coloured red, yellow, green
Strawberries & dipping chocolate	Hide hodge
M-Wad (favour of your choice)	Skipping Rope / Rope
Blowing Bubbles	Cones
water pistols	Bean Bags
Party bags	Roll-up socks / Clean socks filled with rice
Paper / Plastic cups	NB: for the funny faces game, the children could make the faces, colour them in and cut them from cardboard. The pieces could then be mixed up in the playing area and players must make the face from this. It could add to the fun.
	<b>Kicking</b>
	Equip Household Alternative
	Football or any ball
	Cones
	Cans of beans, cereal boxes, toy boxes
	Ad Sheets & Tutorials / Crayons
	Skittles
	used 2L Water bottles
	<b>Throwing</b>
	Equip Household Alternative
	Tennis Balls
	Small (Size 1) Balls
	skittles / Cones
	Used 2L bottles
	Toy cars, tiddies, books standing on their edge
	<b>Balancing</b>
	Equip Household Alternative
	Skipping rope
	Ground Chalk
	Anything from the toy room, Kitchen or Garage for the Obstacle course
	<b>Landing</b>
	Equip Household Alternative
	cones
	water bottles
	brush / Mop

Lists

Having agreed on the activities you would like to do for the sports day, it's now time to make a list of what you will need. This can be done as a daily exercise or create one for the entire sports day/week. It's a chance to really use your imagination and think what could I use for, for example a hurdle? Maybe two chairs and a sweeping brush, or a person that you have to jump over. A rolled up pair of socks for a ball, a bucket for a cone or target, chalk to create an outdoor game of twister. Again on the website under lists you will find some suggestions to help get you started.

Shopping list, in school one of the best parts of our sports day is the ice-cream van at the end, so include a goodies list as well, for after the event or day.

## Activities



**2 stars and a wish - Kicking**

What did you like about this event?

What would you change?



## Together

If you are stuck for ideas or equipment, please let us know and we will do our best to find a solution.

Kindest regards

Clíona Smith and Susan Callan