Killeshandra N.S. Virtual Sports Day

Monday 15th June 2020

**How to organise your Sports Day (or spread the fun over Sports Week if you prefer!)**

Go to the Sligo Education Centre website <https://www.ecsligo.ie/> and click on the Virtual Sports Day link at the top of the page. This will bring you to the Virtual Sports Day homepage, where you will find everything you need (the website is designed to work well on a computer, tablet or phone).

There are 6 different activities for you to include in your Sports Day:



These are based on the *Move Well, Move* Often programme that we use in P.E. to help us develop Fundamental Movement Skills.

When you click on each of these activities, you will find an explainer giving some information about the skill, and a selection of different activities – each activity has a short summary and a video to demonstrate how to play.

In general, Activity 1 is aimed at children in the Junior Room, Activity 2 for the Middle Room and Activity 3 for the Senior Room. However, anyone can take part in all of the activities – feel free to make them easier or more difficult, add in new rules your family make up, or change the game to suit your space and equipment.

You will also find some lists on the website. One is a shopping list for goodies and treats – you might like to make up a good bag for everyone taking part in your Sports Day! Another list suggests things you can use instead of some of the equipment we have in school – you can use rolled up socks instead of beanbags, or bottles instead of cones. There is also a music playlist to use if you like.

In the Downloads section, you will find a blank Family Timetable you might use to help you plan your Sports Day. There is also a *2 stars and a wish* chart for each activity – you might like to write down 2 things you enjoyed about each activity, and 1 thing you would like to improve.

We hope the website provides you with lots of resources and suggested activities for you to do, but please feel free to make you your own challenges and create your own races – have fun getting everyone in your family involved! You can dedicate one day for all your activities, or spread them out over the week, whatever suits your family best.

**We would love you to take photos or short videos and email them to the school, so we can create a gallery of our Virtual Sports Day 2020 – it won’t be the same as being together at school, but we can share the fun virtually!**