

# St Helen's SNS Virtual Sports Week

Each day complete the sports day challenges.  
Please send any photos or videos of you  
completing the tasks to [admin@sthelens.ie](mailto:admin@sthelens.ie) or  
to your teacher on Google Classroom.

# Before you begin...

- Every game will come with a video to show you how it works. If you have any questions don't hesitate to let me know at [mslawless@sthelens.ie](mailto:mslawless@sthelens.ie)
- Get creative. Use jumpers, paper plates or circles cut from cereal boxes as cones.
- Here is the link to the sports week playlist:  
[https://open.spotify.com/playlist/7t02bxdFRuJHD8xSGyF8tD?si=FHOcL62uRS6JQw8I\\_By1lg](https://open.spotify.com/playlist/7t02bxdFRuJHD8xSGyF8tD?si=FHOcL62uRS6JQw8I_By1lg)

Do your best to complete most challenges each day and don't forget to send on photos and videos to us.

# Monday 22nd June - Kicking Challenges (4 Challenges today)

Game 1 - Through the Gate. - This can be played as a pair or as a single player.

Playing with a pair, stand opposite your partner with a with a pair of cones in between in a gate shape. The aim is to kick the ball through the gate to your partner. Each time you get it through the gate that's a point for you. The game ends when someone misses the gate or misses the gate. Keep score. Make it more difficult by standing further from the gate.



Single player: Put the gate up against a wall. See how many times you can get it through the gate. Increase your distance from the cones each time you get it through. Keep your score. You can see the game at the link: [https://youtu.be/0wcn\\_Ygvy8I](https://youtu.be/0wcn_Ygvy8I)

## Challenge 2 - Kick the Score \*Lots of fun!

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange yourselves in groups of three or four. Children are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Children could try to score a penalty on Mom, Dad or a big brother or sister.



You can see the game being played at this link:  
<https://youtu.be/XCGol4Y2Txk>

## Challenge 3 - Rebound Ball \*The most challenging today.

Arrange your group in groups of four with one cone/skittle and one football each. The first child places their cone three to five metres from the wall within their designated playing area. This child then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line. Vary the equipment



You can see it at this link:

<https://youtu.be/KHoYnuwCo0c>

## Challenge 4: Kick Fada

A St. Helen's sports day classic.

Get a football.

Kick it as far as you can from a point.

Mark your spot.

Challenge others to try to kick further than you have.



Well done! You have completed day one.



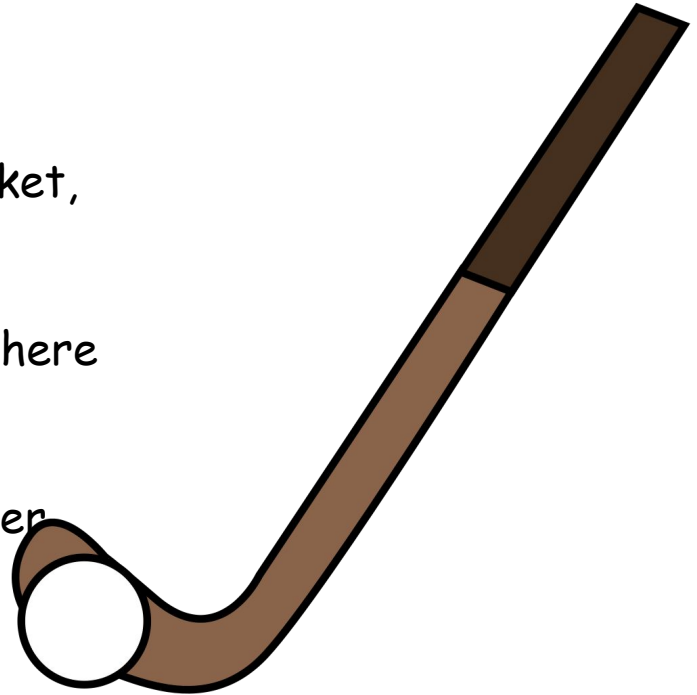
# Tuesday 23rd June - Throwing/Batting

## Challenge 1 - Poc fada

Using a hurl and sliotar or a tennis ball and racket, stand at a cone/marker.

Hit the ball as far as you can. Mark the point where the ball lands.

Challenge someone to try and hit the ball further from the same point.





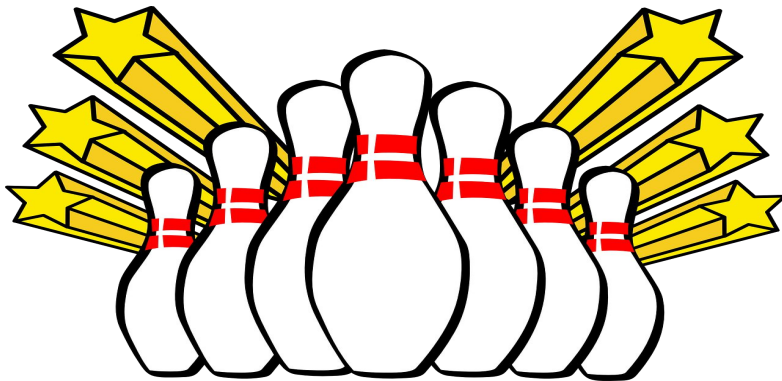
## Challenge 2 - Knock em Down Pinball

Watch a demo here at the link: [https://youtu.be/\\_BwUf9mXm4Y](https://youtu.be/_BwUf9mXm4Y)

Create a bowling pin set up using empty cans or bottles.

Take turns throwing a tennis ball from a distance that challenges you.

Keep score by counting how many pins you manage to knock down in one shot.



# Challenge 3 - Tennis Ball Challenge

Work in pairs, one throwing and the other counting.

The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds.

For safety reasons ensure that groups are spaced at least three metres apart.

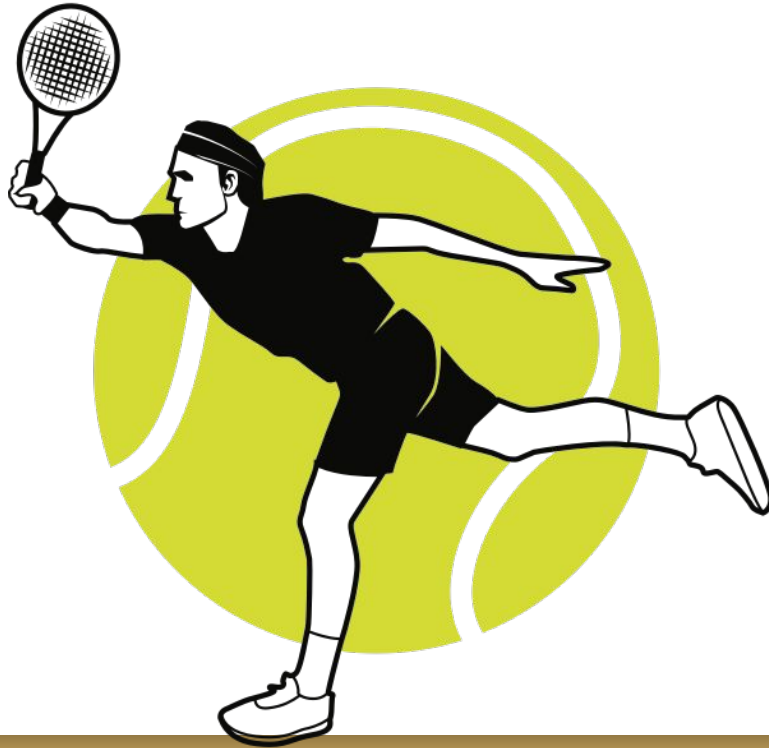
Watch a demo at the link:

<https://youtu.be/KxD8V6xvsLk>

Well done! You have completed day 2.



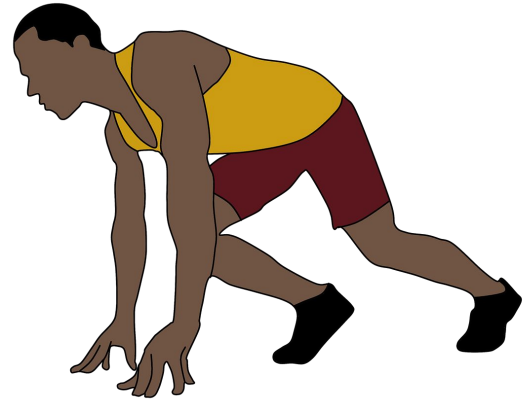
Well done! You have completed day two.



# Wednesday 24th June - Running Challenges

Races/Timed distances:

- If you have a partner to race against: Set up a distance or track and race against each other. Winner is the best out of 3.
- If you are playing solo set up a distance and time yourself sprinting that distance. See what your best time is out of 3. Send on your times and distance to us. Mrs Furlong would love to see!



## Game 2: Rock Paper Scissors Tag \*Fun in a pair/group

Arrange group in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper.

To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.



You can see it here at the link: <https://youtu.be/oYCPKHFvveM>

# Challenge 3: Make the Face. \*Very tricky.

Use the equipment indicated or any similar household equipment and map key to create the Funny Face accurately using information on the map.

## Organisation

Set up equipment as shown. Put out extra if available to allow for mistakes. Explain to children the concept of the word 'symbol'.

Child is given a Funny Face map, runs to their pile of equipment, selects the right piece for No 1 on their map, then places it in appropriate place in their Funny Face hoop / rope.

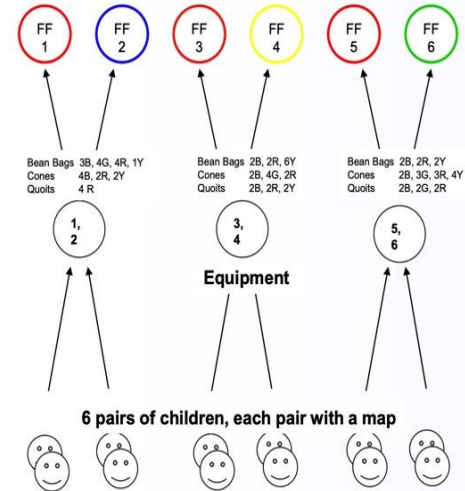
The pupil then runs back and hands map to other person. Continue till Funny Face is complete. There is a full range of faces available free at the link below.

The maps are one the next 4 slides.

You can see the challenge here at the link: <https://youtu.be/wukOb2owkWY>

## Funny Faces

### Hoops for Funny Faces





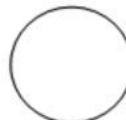
## Funny Face 2



### Key



Bean bag

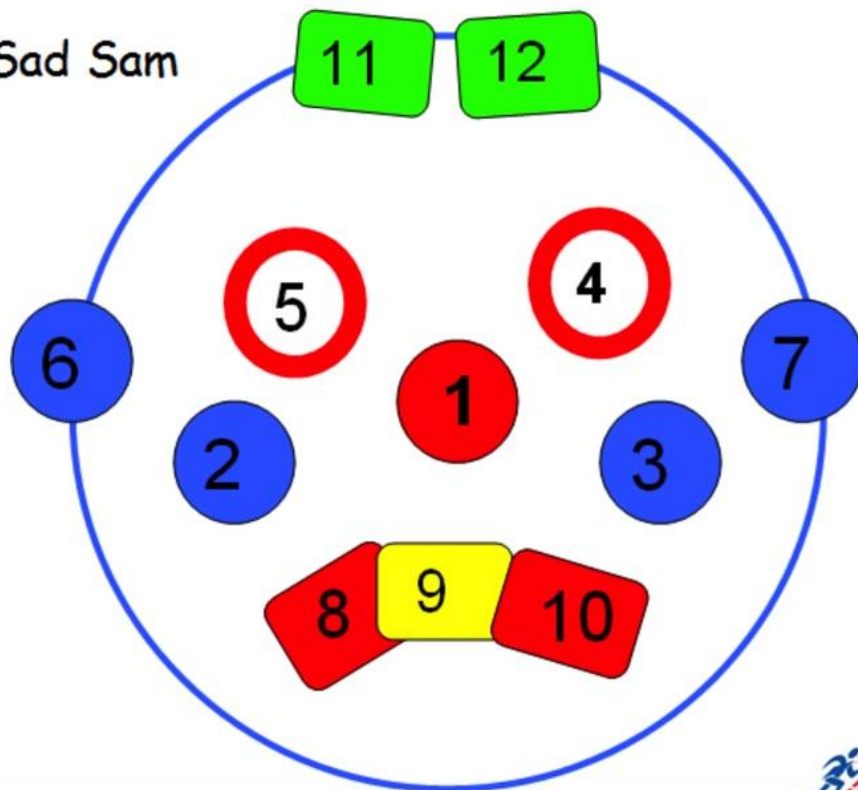


Cone



Quoit

## Sad Sam





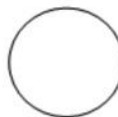
## Funny Face 1



### Key



Bean bag

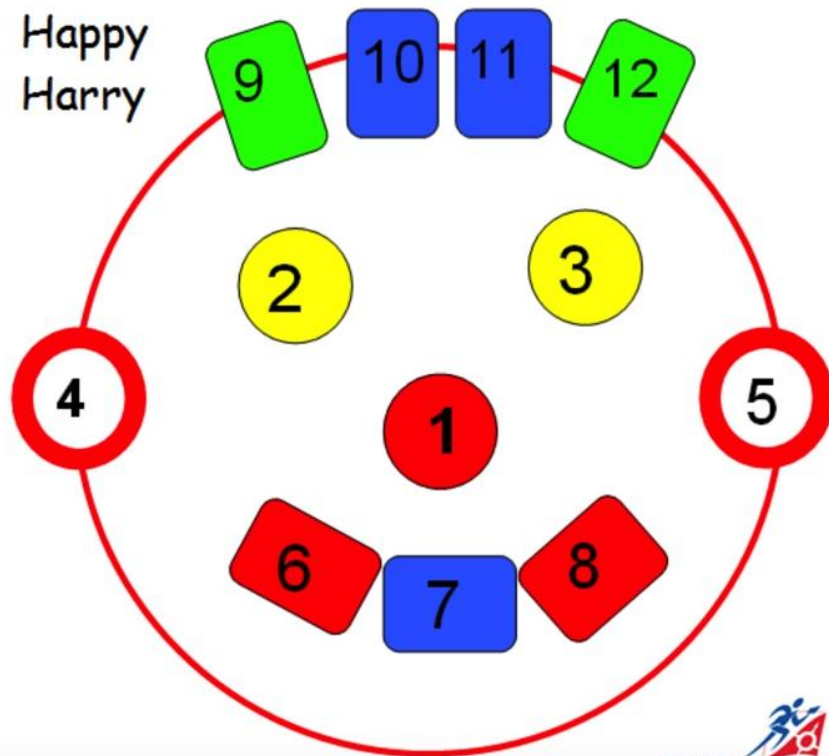


Cone



Quoit

Happy  
Harry







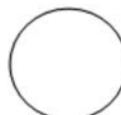
## Funny Face 4



### Key



Bean bag

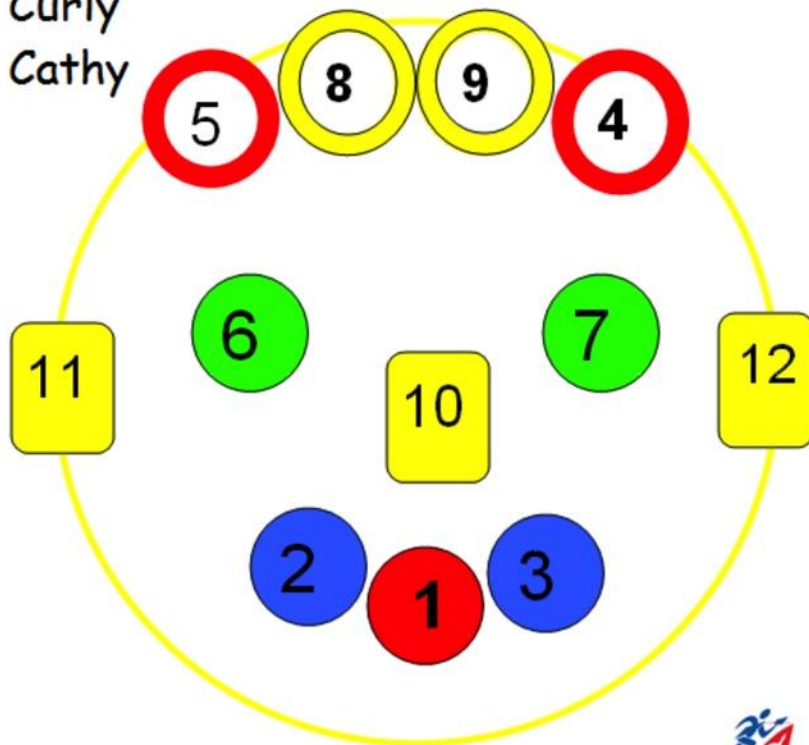


Cone



Quoit

Curly  
Cathy





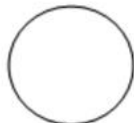
## Funny Face 3



### Key



Bean bag

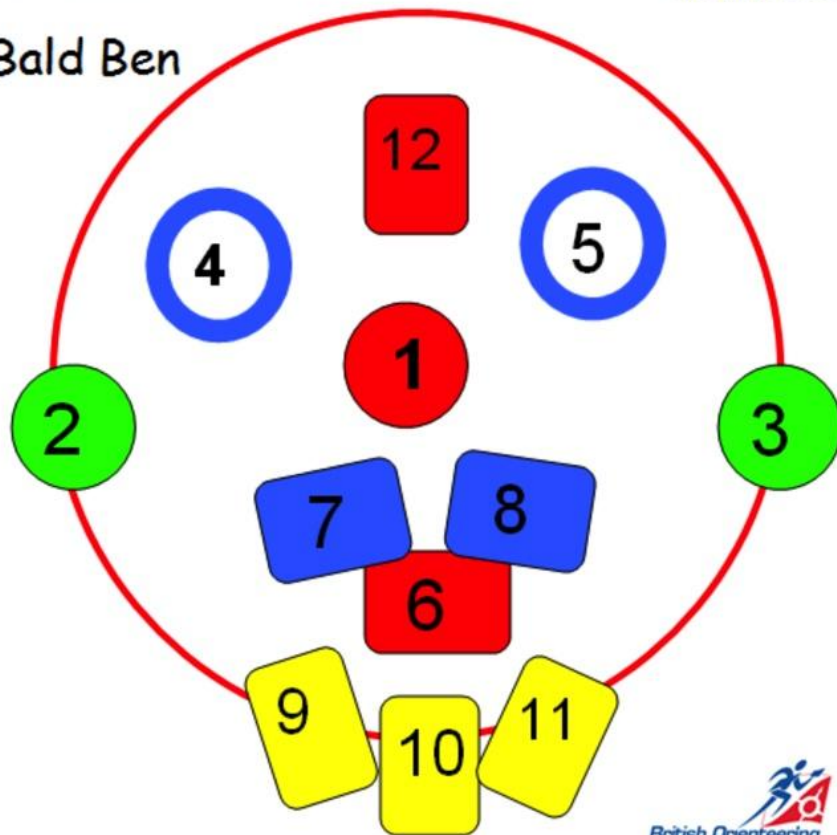


Cone



Quoit

## Bald Ben



Well done! You have completed day three.

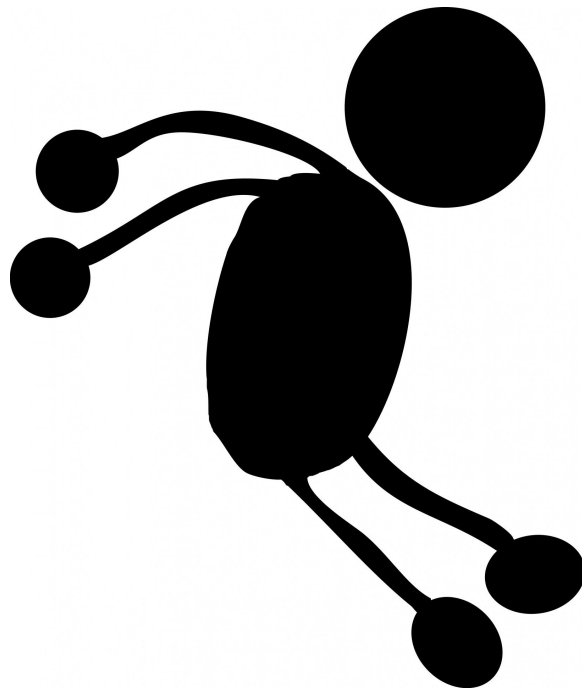


# Thursday 25th June - Landing and Novelty

## Challenge 1 - Long Jump

Mark a space where you can run up to a cone/marker and then jump as far as you can without hitting anything.

Run up and jump before or on the mark.  
Jump as far as you can and mark the spot you first land on.  
Challenge others to beat your jump distance.



# Challenge 2: Novelty Sack Race

Mark out a distance for your race. You can use bin bags as a sack.

Watch a sack race here at the link

[https://www.youtube.com/watch?v=A7XYZ\\_HL6Q&feature=youtu.be](https://www.youtube.com/watch?v=A7XYZ_HL6Q&feature=youtu.be)

You must hop only to move.



Well done! You have completed day four.



# Friday 26th June - Novelty Races

## Race 1: Egg and spoon race

Each child gets a spoon and an egg (hardboiled or plastic). Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the pupil must stop and retrieve it.



Watch here at the link:

<https://www.youtube.com/watch?v=4yMS0luPZD0&feature=youtu.be>



## Final Race...

## Create your own 'Obstacle Race'

Using everyday household items to create an obstacle race.

You can have parts to your race where you have to hop or solo a ball, balance a ball on their head or circle a cone three times for example.

Send a photo of your obstacle race to us.





Well done! You have completed St Helen's  
SNS Virtual Sports Week.

Don't forget to send any photos or videos  
to [admin@sthelens.ie](mailto:admin@sthelens.ie) or to your teacher on  
google classroom.