

Mayo Abbey Home Sports Day



June is usually the month when we have our much-loved sports day. Mayo Abbey Active Flag Committee and Active Flag Leaders would usually be busy preparing for a fun-filled day of activity.

However, Covid- 19 means that we have the opportunity to have a different sports day this year. All taking place in your homes. This is a list of Activities that you can plan at home with your Parents/Guardians along with equipment, goodies and music. Along with the traditional games there are specific activities for Running, Kicking, Throwing, Landing and Balancing. There are explanations to go with all activities. And list of alternative household items you can use as equipment.

The Active Flag Committee would love to see any videos or pictures if your parents could email (mayoabbeyns@yahoo.com) them to the school and we will post them on our Active Flag section of our School Website !

Below are lists that so that you can decide with your Parents what activities you would like to do and when you are going to do them. You also need to decide what equipment you need and what goodies you will have as a treat after.

Here is a link to a playlist of Sports day music to enjoy while you are active -

https://open.spotify.com/playlist/7t02bxdFRuJHD8xSGyF8tD?si=FHOcl62uRS6JQw8l_By1lg

Best of Luck



Mayo Abbey Active Flag Committee

Sports Day Planner



Event	Time	Level

The Events

Event Explainer - Traditional School Sports - Spóirt Scoile Traidisiúnta

School Sports

There are lots of games, races and traditions attached to school sports day. Games such as the egg and spoon race, the sack race, the 3 legged race and the parents race are all very much the core of school sports day in Ireland. Let's revisit them in a virtual setting.



Activity 1 - Egg and spoon / spud and spoon race.

Each pupil 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.



Activity 2 - Sack Race

Each pupil puts both legs into sack and hops around a cone, or some marked point, and back, tagging the next person in line. Then, the next pupil in line gets into the sack and repeats the once-around the cone course. The Pupil or team to the finish line wins.

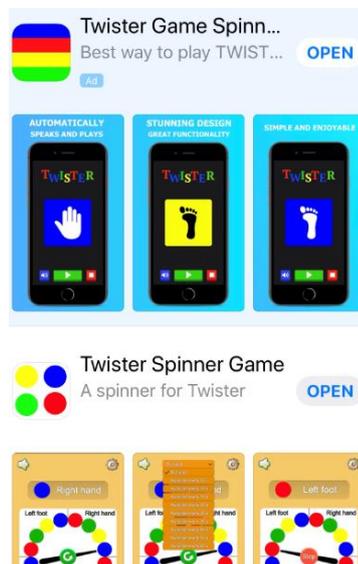


Activity 3 - Open-air Twister

Everyone's favourite physical board game brought to the outdoors. There are a number of phone & tablet applications to embellish the pupils' experience. Please see the screenshot below will replace the twister clock



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Activity 4 - Queen - i - o

A pupil is picked to be the "Queenie", that person turns their back to everyone else. The "Queenie" then throws the ball over their shoulder and one of the other pupils needs to catch it or pick it up. Everyone, except the "Queenie", puts their hands behind their backs so that the "Queenie" does not know who has the ball. The "Queenie" then turns around and everyone shouts:



Queenio, Coko, who's got the ballio?

The "Queenie" has to guess who has the ball through a process of elimination. If the pupil with the ball is the last one to be picked, that person becomes the new "Queenie". The pupil must admit to having the ball or will automatically be "out". The pupil who is the "Queenie" must not look when throwing the ball or the "Queenie" herself will be "out". Accompanying video is helpful.

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Event Explainer - Running / Rith

Running

Running is similar to walking except there is a moment of suspension called the flight phase when both feet are simultaneously off the ground. The skill of running includes jogging, sprinting, dodging and evading. The ability to run is essential to perform a wide range of activities in both everyday life and sporting contexts. Whether it is sprinting in a race or running for pleasure, chasing a football or trying to catch a butterfly, it is essential that everyone develops a proficient running technique. The activities used are from the Move Well Move Often booklets. Please click below.



[Physical Literacy](#)

Activity 1 - Traffic Lights (Soilse Tráchtá - Gluais go maith, gluais go minic leabhair 1 lth. 26)

Description of Activity

Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands.

Turn it into a game of moving statues to develop.

- Red: stop



- Amber: walk
 - Green: run
- (REF - PDST MWMO Book 1)

Activity 2 - Rock, Paper, Scissors

tag (Leaisteanna Carraige - Páipéir - Siosúir - Gluais go maith, gluais go minic leabhair 2 lth. 28)

Description of Activity

Arrange pupils 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.

(REF - PDST MWMO Book 2)



Activity 3 - Make the Face - (Déan an aghaidh - tri-o.org)

Aim

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

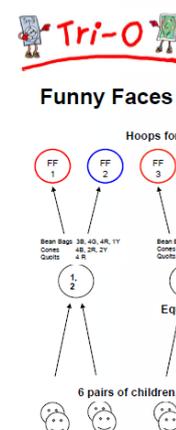
Organisation

Set up equipment as shown. Put out extra if available to allow for mistakes.

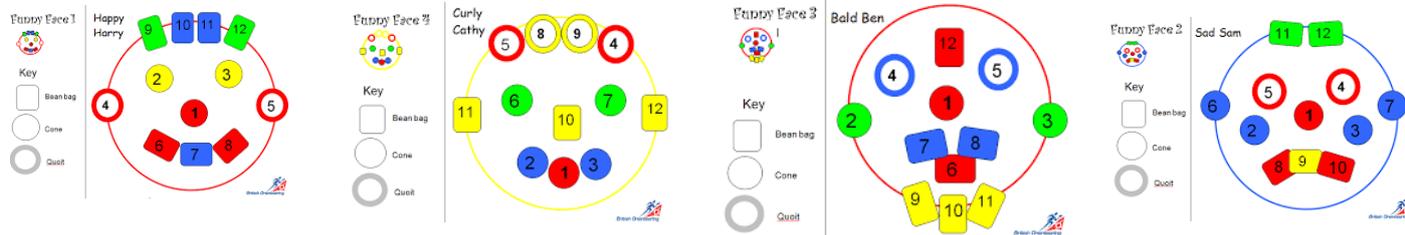
Explain to children the concept of the word 'symbol'.

Pupil 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.



If you don't have the any of the equipment above, you could find an alternative - replace a hola-hoop with a skipping rope, or you could make the equipment with paper and crayons and mix it all up. Have fun with it

Event Explainer - Kicking / Ciceáil

Kicking

Striking with the foot or kicking is a manipulative skill synonymous with many sporting activities in Ireland. Kicking a moving object, foot dribbling, trapping and punning are all components of striking with the foot. This resource pack will initially address striking a stationary object as it is the easiest to become proficient in, and can be applied to many activities and modified games. The activities used are from the Move Well Move Often booklets. Please click below.



[Physical Literacy](#)

Activity 1 - Through the Gate (Tríd an nGeata - Leabhar 1 lth. 178 Gluais go Maith, Gluais go Minic)

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away. Set up a gate between each pair using two cones. Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate.

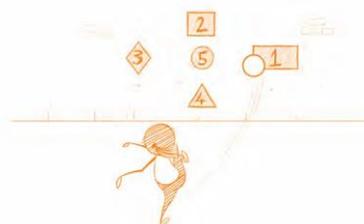
Single pupils could play the game off a wall. Increase the distance to increase difficulty. Add some targets. (ref PDST Move Well Move Often Book 1)



Activity 2 - Kick to Score (Ciceáil le haghaidh scóir - Leabhar 2 lth 175 Gluais go Maith, Gluais go Minic)

Description of Activity

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 pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Pupils could try to score a penalty on Mom, Dad or a big brother or sister.



Activity 3 - Rebound Ball (Peil Aisphreabtha - Leabhar 2 lth 176 Gluais go Maith, Gluais go Minic)

Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil 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

It is possible to increase or decrease the
level of challenge in any task using STEP.
Increase or decrease the space or
distance, amend the task, change the
equipment or add involve or change the
people playing the game.



Event Explainer - Throwing / Caitheamh

Throwing

The manipulative skill of throwing goes hand in hand with catching, and involves propelling an object away from the body. This important fundamental movement skill has many variations, including the underhand throw, overhand throw, roll and the two handed throw. This resource focuses on the overhand throw, as many of its principles may be applied to the other variations. Concepts such as weight transference, generating force, developing a swinging motion and momentum are all important when learning to throw. The skill is used in a wide range of activities such as throwing a javelin, serving in volleyball, chest pass in basketball, rolling in lawn bowls, pitching in baseball or throwing a paper airplane. The activities used are from the Move Well Move Often booklets. Please click below.



[Physical Literacy](#)

Activity 1 - Knock 'em Down Pinball
(Leag iad leis Bpionniathróid - Gluais go maith, Gluais go minic - Leabhar 1 lth. 163)

Arrange pupils in groups of four or pupils can play in pairs or singly. Pupils line up fifteen metres apart, either side of a line of skittle targets as shown. Pupils could also use cans of Beans or empty cereal boxes. Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.



Activity 2 - Tennis ball Challenge
(Dúshlán na Liathróide Leadóige - Gluais go maith, Gluais go minic - Leabhar 2 lth. 159)

Pupils 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.



Activity 3 - Bowling (Babhláil - Gluais go maith, Gluais go minic - Leabhar 3 lth. 145)

Use cones to set up a bowling lane approximately five metres in length for each group. At the end of the bowling lane place five skittles as targets. Each bowler has three balls to knock over as many skittles as possible. All bowlers take a turn and then Replaced the knocked skittles. Keep your score. The pupil that knock over the most skittles wins. Increase difficulty by increase the

distance between the thrower and the skittles or decreasing the width of the lane.

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Event Explainer - Landing / Tuirlingt

Landing

The ability to land safely is a hugely important fundamental movement skill. As one of the three phases of jumping, landing should always be taught first to ensure children return safely to the ground without injury. The skill involves absorbing force over a large area, usually the legs or hands for a prolonged period of time. This force should be absorbed over as large an area or distance as possible with the joints bending to absorb the force. We use landing in a wide range of activities, jumping to catch a ball in gaelic football, vaulting in gymnastics or from jumping off the bed. The activities used are from the Move Well Move Often booklets. Please click below.



[Physical Literacy](#)

Activity 1 - Jack be Nimble

(Seánín Sciobtha - Gluais go maith,
Gluais go minic - Leabhar 1 lth. 134)

Arrange the children in pairs and scatter the cones randomly around the playing area. Pupil A chants the rhyme below for pupil B who must jump off two feet over the cone (the candlestick) and attempt to land safely on the other side of the cone. Pupil B should jump over three cones while pupil A is saying the rhyme: 'Jack be nimble, Jack be quick, Jack



don't land on the candlestick'. After pupil B has completed three jumps and three landings, swap roles and play again.

Activity 2 - Jockeys up (Marcaigh in Airde - Gluais go maith, Gluais go minic - Leabhar 3 lth. 119)

Arrange children in pairs (horse and jockey) and invite them to find their own space in an open playing area. On a signal the children carry out the following movements: • Under the bridge - the jockey crawls under the horse's body. • Long way to town - the jockey jumps clockwise in a circle around the horse. • Short way to town - the jockey jumps an-clockwise around the horse. • Trade your horse - all jockeys find a new partner. Ensure partners regularly switch roles.



Activity 3 - England, Ireland, Scotland, Wales

Arrange the children in 3's. The 2 children on the outside have the elastics/skipping rope wrapped around their ankles to start. All the children chant the rhyme;

*"England, Ireland, Scotland, Wales.
Inside,*

Outside, on the rails". The children follow the routine as per the accompanying video. If the pupil is successful at the ankles, the elastics get moved up to the knees and then the hips. If children are working solo, they could wrap the elastics around some chairs, a



washing line, parents or older siblings' legs.

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Event Explainer - Balancing / Cothromaíocht

Balancing

Balance is essential for all physical development and is a prerequisite for almost every movement skill. It is subdivided into two categories:

1. **Static balance:** the ability to maintain a static position throughout a movement (e.g. a handstand in gymnastics).

2. **Dynamic balance:** controlling the body when moving (e.g. keeping the body stable while kicking a football). For the purposes of this resource, we will be mainly focusing on the dynamic balance as this is most easily applicable to sports day activities. The activities used are from the Move Well Move Often booklets. Please click below.

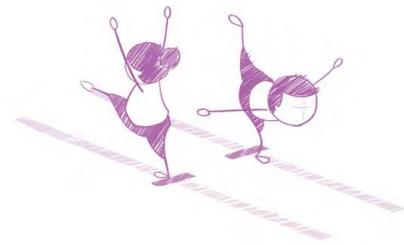


[Physical Literacy](#)

Activity 1 - Walk the Line (Siúil ar an líne - Gluais go maith, gluais go minic Leabhar 1 lth. 114)

Pupils walk along a line on the floor (this could be a line painted on the floor, a

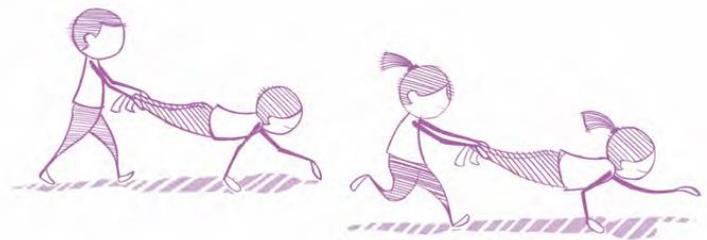
strip of tape or a line of spot markers). Invite pupils to: • turn fully around in the middle without losing balance or toppling off the line • complete the task with their eyes closed (in pairs with one pupil acting as a guide) • hold a shape for a count of three as they balance on the line.



Activity 2 - Wheelbarrow Races

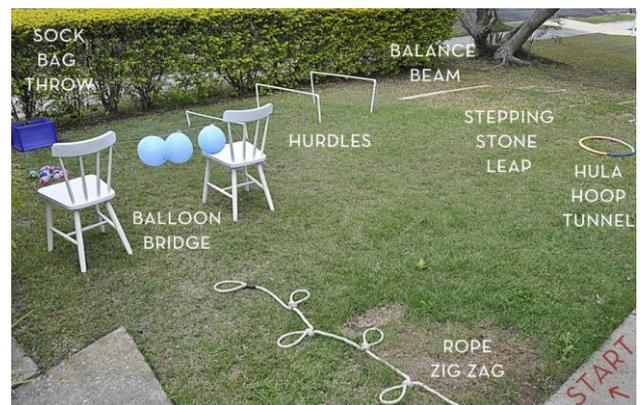
(Rásaí Barra - Gluais go maith, gluais go minic Leabhar 3 lth. 107)

Arrange pupils in pairs. Set up two lines of cones, twenty metres apart and invite pupils to find some space along the line. One pupil adopts the high plank position and their partner lies their legs below the knee. The pupil holding the high plank moves their hands to go forward, with their partner carrying their legs behind. Invite pupils to move themselves travelling from one cone to another.



Activity 3 - Obstacle Course - Cúrsa Constaice

Invite pupils to set up and run their own obstacle course with parameters as set out below. Use any equipment available - household or otherwise. Invite pupils to do the obstacle course, time themselves and try to beat their original time.



Goodies	
Block of Ice-cream & wafers	
2 packs of jelly snakes	
Multi-pack of popcorn	
Strawberries & dipping chocolate	
Mi-Wadi (flavour of your choice)	
Blowing Bubbles	
water pistols	
Party bags	
Paper / Plastic cups	

Running	
<i>Equip</i>	<i>Household Alternative</i>
Red, Yellow, Green cones	Circles cut from cereal box coloured red, yellow, green
Hola hoops	Skipping Rope / Rope
Quoit	Circles cut from Cardboard
Cones	Paper plates
Bean Bags	Rolled-up socks / Clean socks filled with rice
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.	

Kicking	
<i>Equip</i>	<i>Household Alternative</i>
Football or any ball	
Cones	Cans of beans, Cereal boxes, Toy boxes
A4 Sheets & Twistables / Crayons	
Skittles	used 2L Water bottles
Throwing	
<i>Equip</i>	<i>Household Alternative</i>
Tennis Balls	
Small (Size 1) Balls	
skittles / Cones	Used 2L bottles
cones	Toy cars, teddies, books standing on their edge
Balancing	
<i>Equip</i>	<i>Household Alternative</i>
Skipping rope	
Ground Chalk	
Anything from the toy room, Kitcken or Garage for the Obstacle course	
Landing	
<i>Equip</i>	<i>Household Alternative</i>
cones	water bottles
agility poles	Brush / Mop
Hola Hoop / Skipping rope	
Elastic bands	
Traditional School Sports	
<i>Equip</i>	<i>Household Alternative</i>
Desert spoons	
Egg	
Black sack / turf bag	
Twister mat	Coloured ground chalk / Coloured paper plates
Ball	teddy bear / Rolled up pair of socks

