



Virtual Sports Day -Tuesday 23rd June 2020

Dear Parents/Guardians,

Even though the boys and girls can't have sports day at school this year, they can still engage in a virtual sports day at home. We are providing you with a list of the usual school events and some extra fun challenges. These challenges have been set by Limerick u20 hurler and Granagh/Ballingarry hurler Seán O Connor and Kerry Ladies Senior Footballer Ciara Murphy.

All activities are optional and can be amended to suit your child's ability and equipment available. (e.g throwing a target activity – you can use a pair of socks if you don't have a tennis ball/sliotar). The purpose of sports day is to have fun and stay active. On Tuesday class teachers will assign a SeeSaw task where you can send in pictures of the pupils and their families enjoying Virtual Sports Day. A slide show for each class will be posted on the school website.

Here are the traditional sports day events:

1. Egg and Spoon Race (potatoes can be used)
2. Sack Race (a pillow case can be used)
3. Tennis Ball Under The Chin Race
4. 3 Legged Race
5. Sprint Race (adjust distance to suit)
6. Penalty Shoot Out (best of 5/10 kicks)
7. Obstacle Course (design your own and time your family)

Here are the fun challenges:

1. Target kick – set by Ciara Murphy
2. Hurling challenge – set by Seán O Connor
3. Target throw – socks in to the washing basket
4. Keepy uppy challenge – use a ball or toilet roll
5. Fill the bucket relay – use any jug/bucket to bring water from point A to B, measure capacity of water. Whoever gets the most water wins.

These are all simple and enjoyable activities for the whole family. We hope you have a fantastic sports day and we look forward to your pictures and feedback.

Kind Regards,

Deirdre Shelton & Emma Tangney.