



2020

The Rainbow Games



Hello everyone and welcome to this years sports day, albeit virtual!

2020 has been labelled the year of the rainbow with all of the wonderful artwork decorating windows across the town celebrating our thanks to the wonderful NHS.

So... don your favourite bright clothing and take part in this years sports day! Please send your teacher a photograph of you wearing your bright t-shirts; this can be your house colour or just something BRIGHT! It will need to be of torso and head. These photos will then be used for a cool project in school which you can see in September!

On the next few slides are some ideas for you to use today on how we can celebrate what is usually my favourite day for the year! These can then be shared with your teachers via the usual home learning platforms (Tapestry, email or Showbie)

And further on you will find the activities that you need to complete and score. These scores will need to be submitted via the google forms link at the end of the PowerPoint.

Each point YOU get is one point towards your house! Lets see which house will have their colours tied to the cup come 4pm!

Mr Stanlake

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Idea number 1!

Design a banner to show your support for your house team! I know what colour my flag would be!

GOOOOOO PENDEEEEEEN!!

Lizard



St Anthony



Godrevy



Pendeen



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Idea number 2!

Design a banner celebrating Penpol School's first EVER rainbow games! This could look however you want it to, maybe just a rainbow!

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Idea number 3!

Excellence, respect and friendship are the 3 core values of the Olympic games and although our rainbow games aren't the Olympics, we do expect them to be taken part in with the same intent.

To try our hardest, respect each other and most importantly, have fun.

Why not create a poster one of these values and why they are important in sport as well as life.

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Idea number 4!

Sport and physical activity is important for living a healthy lifestyle; but so is a healthy diet.

Two options here, design a healthy plate- showing a mix of foods that make up a healthy diet.

Or

Why not cook up a healthy meal with the help of someone at home!



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Idea number 5!

The Olympic rings were designed by a man called Pierre de Coubertin who founded the modern Olympics- the 5 rings represent 5 different continents. Europe, Asia, Africa, Oceania and America. Why not choose one or a country in one and research it. You could create a poster or a fact file!

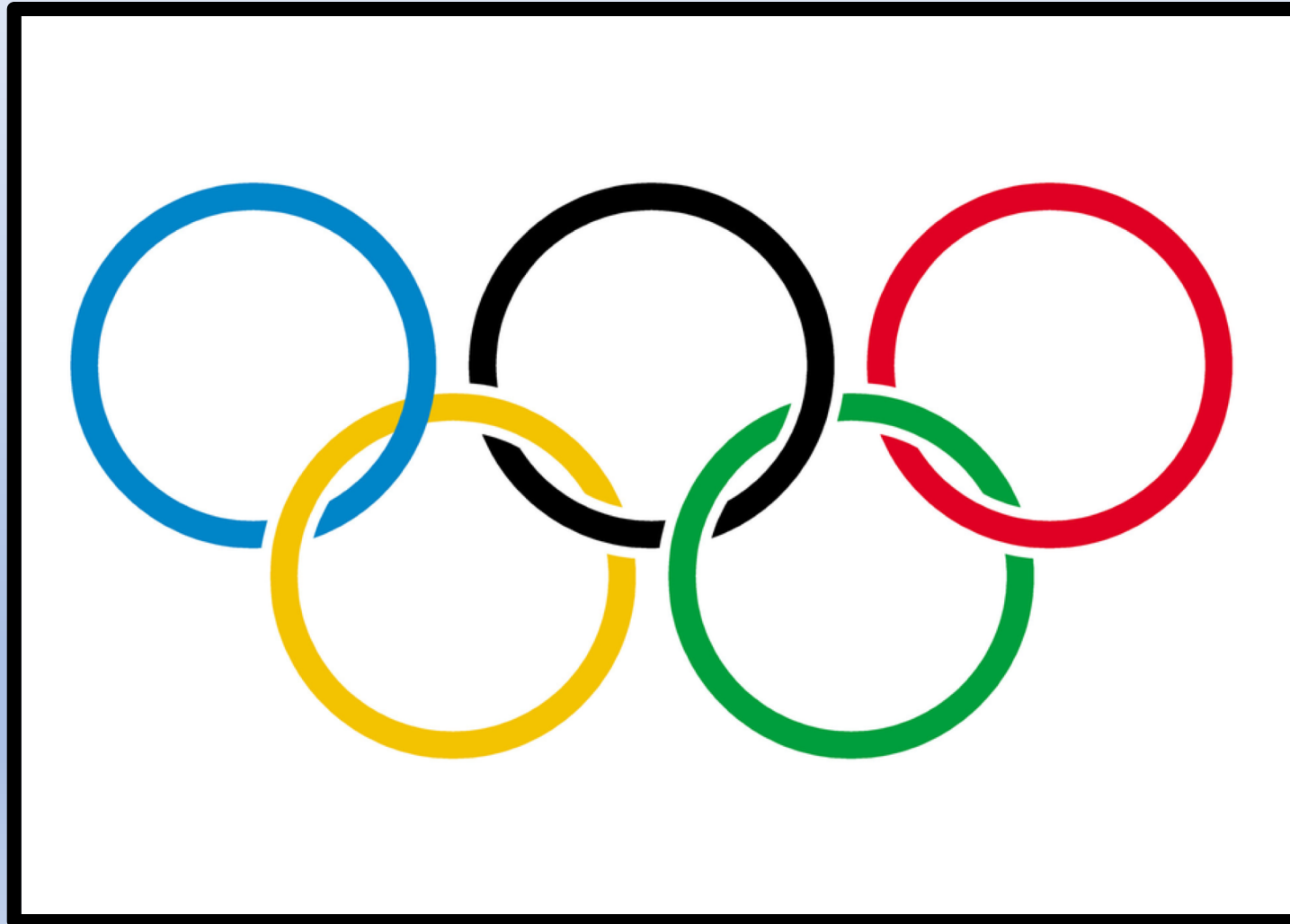


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You could tick of each ring as you complete the coloured challenge. How many can you complete?



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On the next 8 slides you will find the activities you can complete and gain points for your house in the virtual house cup!

They will all follow the same format. You have 60 seconds (sorry, no air horn this year) to complete as many as you can. You can always stop for a rest!

Each completed move = 1 point. Write down how many you do, then with an adult complete the results form on the final slide.

Remember those values, excellence (effort) respect and enjoyment.

You can find some videos showing the activities and some top tips on the remote learning page!

Good luck!

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Activity 1

Welly Wanging- a sports day favourite of my own

Equipment:
A wellington boot or shoe.
A target- a hoop, bucket or bin

How to:

Place your target and take 5 large strides backwards. This will be your throwing position. You have 60 seconds to throw the welly into the target as many times as possible using only one hand. After each throw return to the throwing position before taking your next throw.

Safety:
Best outside and away from anything breakable!

Scoring:
1 point per welly that lands in the target area

Challenge: Take a step closer or further

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Activity 2

The trusty egg and spoon race.

Equipment:
A spoon and an egg.
Some obstacles, balls, cushions or siblings!

How to:

Set yourself up an obstacle course around the garden or house. You will need some obstacles to walk around.

Place your egg on your spoon and set off. When you reach the end, turn around and come back!

NO HOLDING OF THE EGG!

Safety:

Eggs can get messy if you drop them, you can hard boil it or simply don't drop it...

Scoring:

1 point per shuttle. 1 point there and 1 point back.

Challenge:

More challenging obstacle course.

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Activity 3

Target Shooting

Equipment:

3 hoops, buckets or baskets
Collection of tennis ball sized balls or
balls of socks

How to:

Place 3 different targets, 2, 4 and 6 strides away from the throwing area.
Throw the socks or tennis balls from the throwing zone towards the targets.
If you run out, collect them and keep throwing!

Safety:

Be careful of breakable things around you

Scoring:

3 points for every ball that lands in the furthest target, 2 for the middle and 1 for the closest.
It will be best to get someone to score for you as you go!

Challenge: Set your targets at 3, 6 and 9 strides.



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Activity 4

The Speed Bounce

Equipment:
Something to jump over, like a cereal box or cushion.

How to:

Stand with both feet on one side of the box.
When the time starts jump sideways over the box, both feet together. And repeat.

Find your rhythm, that will certainly help!

Safety:

Make sure you choose something that will not break if you land on it.

Scoring:

1 point every time you clear the obstacle.

Challenge: Hop. Take off on one foot before landing on the same foot.



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Activity 5

Get on up! Get on down! And then back up...

Equipment:
Something to jump over, like a cereal box or cushion.

How to:

Start lying face down on the floor.
When the time starts, roll over, jump up and double high five (or even high ten) a parent or sibling.

Lie back on your tummy and repeat

Safety:
This one would be best on something soft like grass!

Scoring:
1 point for every high ten.

Challenge:
Ask your scorer to put their hands higher!
Or
Perform a press up before rolling over

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Activity 6

A world Strongest Man/Woman event- The Keg Toss (with a twist)

Equipment:
Something to toss like a ball or cushion.

How to:

Stand with your object in front of you and your hands on your head.

When the time starts pick it up and drop it over your head. Turn around and repeat.

Safety:

This is definitely one to take extra care with... and probably do outside.

Scoring:

1 point every time you you toss the object over your head.

Challenge:

No challenge here- just test your endurance
A ball will add challenge as it bounces!

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Activity 7

Tidy Teddy Toy shuttle

Equipment:
Collection of 'things'
(balls, toys or teddies)

How to:

Place teddies, toys, cushions- basically anything you can find in a bucket, bowl or washing basket. Place a second empty bucket about 15-20 big strides away.

When the time starts, take OBJECT from the bucket and PLACE it in the other before running back to collect another.

When its empty, swap baskets and empty the full one back into the original bucket.

Safety:

Be careful not to run into anything and place the objects, not throw.

Scoring:

1 point for each object you move into the bucket.

Challenge:

Add some obstacles into your course.

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Activity 8

All around the world.

Equipment:
Teddy, ball or cushion

How to:

Stand with your object in two hands in front of you. When the time starts, pass the object around your body and back to the front.

If you drop it, pick it up and carry on

Safety:
Be careful not to drop the object

Scoring:
1 point for each full circle- front to front.
The movement doesn't count if you drop the ball.

Challenge:
The bigger the object, the harder it is.

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Parents/carers you should have received a copy of the results form via email if you require another it can be found [HERE](#)

Please complete once all of the activities have been completed.

Its relatively simple. Select your child's house and then enter their score for each event.

Please only complete one results form per child.

Any issues, please contact your child's class teacher.

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