

19th May 2020

Dear Parents,

We do hope you are all keeping well and safe and managing to get out in this lovely weather to stay fit and healthy?

We are so sorry we cannot all get together for our big sporting events at the moment, but we don't want the children to miss out on some of the planned activities. So here is what we are going to do.

The first week in June is always our Mini Games, an Olympic Style, multi skilled event, for all year 2 children in Chelmsford. This year, it will be different, but the children can still get to compete as a school team, with a little help from you. If all the children in their class, do the events at home, during this first week in June, their scores will be collated and divided by the number of children that compete. The teachers will then send in their results to the Chelmsford SSP.

We have attached the activities they have to do and a list of equipment you will need. For video examples of the activities visit www.chelmsfordssp.com and scroll down on the front page . You will also find all the mini games resources on the parent zone tab too.

Each child has a personal score sheet that you fill in when they have done an activity. There is a conversion sheet that explains how many points they get for each activity they do.

You will need a straight line of 10m for all the activities. Go to the park, into your back garden or any open space and you can begin. If you don't have a tape measure to measure the 10m track, use an adult's big stride, which is approximately 1m.

Once your child has completed the activities and you have the results, please send in the score to their year 2 teacher by June 8th 2020.

The teachers will then forward their school results and we will announce our Mini Games Virtual winners for 2020.

We have attached an art competition too, so if your child wants to draw a picture of themselves at the Olympic Games , just take a photo or scan it and email it back to us at cssp@gbhs.co.uk. We would love to see them all. Please don't forget to say which school they are from and if you are happy to include their name, put it on, but if you would prefer to just write their initials that's fine too. (GDPR). We will not publish any names.

Prizes for Winning art pictures! We will announce winners at the end of June.

We do hope your children get to take part in this year's Virtual Mini Games 2020 and look forward to seeing how they get on.

Thank you for your support and here's hoping we can do this for your children.

Don't forget to keeping looking on our website for video challenges and weekly activities for all your children.

Sara Robson
School Games Organiser , Chelmsford School Sport Partnership

Activities

Virtual Mini Games 2020

1. Ladder Station (Timed activity on 10m track)

Equipment : A ladder with six rungs (6 chalked lines, 6 pieces of tape or 6 rolled up t-towels or t-shirts), 2 pieces of string or tape or chalked lines both 1m in length, 1 Stop watch or timer, 2 markers(jumpers/ towels, anything?) to measure start and end of the 10m track.

At start line do 5 hops on right leg on the spot, then 5 hops on the left leg on the spot. Now run through ladder one foot in each space, tiptoe along 2 pieces of string/wool or chalked lines 1m in length (laid side by side 50cm apart). Now run round the end marker and go back through the course repeating all actions to get back to the start. Convert time into points on score sheet. (See conversion sheet). (See picture of layout)

2. Socks Station :Timed event on 10m track

Equipment:Pair of socks, two markers (jumpers/anything) to measure length of 10m track. Stopwatch /Timer.

At start line, run 4 meters to first marker and take off your sock, run another 4 meters to the marker and take off your second sock. Run 2 more meters around the marker at the end. Now run back and take off a sock at each marker and place it down, then run back to the start. Convert your time into points. (see conversion sheet). (See picture)

3. Sprint station: Timed activity on 10 m track

Equipment:2 tea towels or tshirts, stopwatch / timer

From the start, sprint 10 m and do 5 speed bounces over a rolled-up tea towel, sprint back and do 5 speed bounces over rolled up tea towel at the start. Now repeat the whole activity once more, so that you will have completed 40 m of sprinting in total. Convert time into points. (see conversion sheet) (See picture)

4. Throw for distance Station

Equipment: 3 pairs of socks, 4 markers, one for the start, 4m, 8m and 10m

Throw the 3 pairs of socks, over arm, one at a time. Measure where they each land (not where they roll to). You get points for where they land. Total all three scores and add to the running total (no conversion).

5. Toy Station Timed activity on 10m track

Equipment: 3 toys, 2 markers for 10 m track. Stopwatch/ timer

Timed activity over 10m track. Lay out one toy at 6m, 8m and 10m
Run and collect the first toy from 6m away and bring back to the start. Now run and collect the second toy from 8m away and bring back to the start, then run and collect the third toy from 10m away and bring back. Record time on sheet and then convert to points. (See conversion sheet). (See picture)

6. Jumping station Timed activity 10 m track

Equipment 3 markers to mark the start, 5m and 10m and timer/stopwatch

At start line do 5 star jumps, then going down the track do 2 footed jumps up to the 5m marker, then (turn sideways) and side step to the 10m marker, touch the ground. Going back, repeat actions, so sidestep then 2 footed jumps and finish with 5-star jumps. Record time on score sheet. (See conversion sheet and picture)

MINI GAMES CONVERSION SHEET

Timed events:

1,2,3,4,5,6,7,8,9,10,11,12,13,14 seconds = 10 points

15 16 seconds = 9 points

17 18 seconds = 8 points

19 20 seconds = 7 points

21 22 seconds = 6 points

23 24 seconds = 5 points

25 26 seconds = 4 points

27 28 seconds = 3 points

29 30 seconds = 2 points

More than 31 seconds = 1 point

Record time, convert into points and add to total.

Throwing for distance:

Up to 4m = 2 points

Over 4m and up to 8m = 3 points

Over 8m and up to 10m = 4 points

Over 10m = 5 points

MEASURE WHERE EQUIPMENT LANDS NOT WHERE IT ROLLS TO.

Add up the three scores, record on sheet and add to running total

Score Sheet

CHELMSFORD MINGAMES

Boy	<input type="checkbox"/>
Girl	<input type="checkbox"/>

SCHOOL:		
NAME:		
Event	Time/distance	Points scored <i>(For timed events look at conversion sheet for points)</i>
Ladder Station	Time:	
Sock Station	Time:	
Sprint Station	Time:	
Throw Station	Total of all three throws:	
Toy Station	Time:	
Jumping Station	Time:	
TOTAL SCORE		

Well done for competing for your school team.

Now please return your total score to your teacher before 8th June.

Year 2 Art Competition for Mini Games 2020

Draw a picture of yourself in the Olympics or something you might like to watch at the Olympic and Paralympic Games.

Parents / Guardians, please send a photo or scan of your child's picture to us at, cssp@gbhs.co.uk along with your name, class and school in the email the winners will receive a prize.

Please return to us by 12th June 2020. Thank you, we look forward to seeing them. Sara Robson.