



Oasis Academy Coulsdon

SPORTS DAY



2020

6th July – 10th July



THE OASIS 9 HABITS!



BEST ANIMATIONS

DATES

Monday 6th July

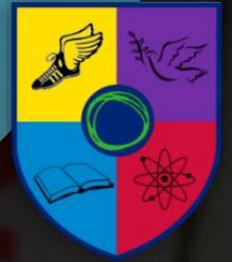
To

Friday 10th July

THE OASIS 9 HABITS!

- Self-control
- JOYFUL
- Hopeful
- COMPASSION
- Humble
- Considerate
- Patient
- Forgiving
- HONEST

(Remember to enter your results you must complete the survey monkey by 4pm on Friday 10th July)



THE SETUP



THE OASIS 9 HABITS!



How it works:

- ❖ Choose a minimum of **3** events from slide 5.
- ❖ You can choose any events you like from the list.
- ❖ The more you do the greater the award!!!
- ❖ You have all week to complete as many as you can.
- ❖ You are allowed a maximum of **3** attempts on each event over the week.
- ❖ Keep track of how many events you complete and the scores by filling in a results card similar to the one on **slide 17**.
- ❖ Send in your completed results via the survey monkey link on **slide 19** by **Friday 10th July at 4pm**. (results after this date and time will not be entered)
- ❖ Everyone who completes a minimum of 3 events will get an award and house points.
- ❖ The best boys and girls results for each event and year group will receive a medal and be invited to the **VIRTUAL SPORTS AWARD EVENING** on **Thursday 16th July**.

***Please be aware that if you are one of the top performers in your year group we may ask for video evidence to validate your score!**



AWARDS



3 Events Completed = **Triathlon Award**
(3 House points)

5 Events Completed = **Heptathlon Award**
(5 House points)

10 Events Completed = **Decathlon Award**



(10 House points)





SUMMO SQUAT HOLD
HOW LONG CAN YOU HOLD IT FOR?



SIT UP CHALLENGE
HOW MANY CAN YOU DO IN ONE MINUTE?



STANDING LONG JUMP
HOW FAR CAN YOU JUMP?



STANDING STORK BALANCE
HOW LONG CAN YOU BALANCE FOR?



PLANK CHALLENGE
HOW LONG CAN YOU HOLD IT FOR?

EVENTS!



JOGGING ON THE SPOT CHALLENGE
HOW LONG CAN YOU KEEP GOING FOR?



PRESS UP CHALLENGE
HOW MANY CAN YOU DO IN ONE MINUTE?



SHOT PUTT TARGET CHALLENGE
HOW MANY CAN YOU SCORE OUT OF 5 ATTEMPTS?



SIDE TO SIDE JUMPS
HOW MANY CAN YOU DO IN 30S?



BURPEE CHALLENGE
HOW MANY CAN YOU DO IN ONE MINUTE?



Sumo Squats



Sit-Ups



Standing Long Jump



Standing Stork Balance



Plank

Click on an event to see how to perform it.



Running on the Spot



Press-Ups



Shot Putt Target



Side to Side Jumps

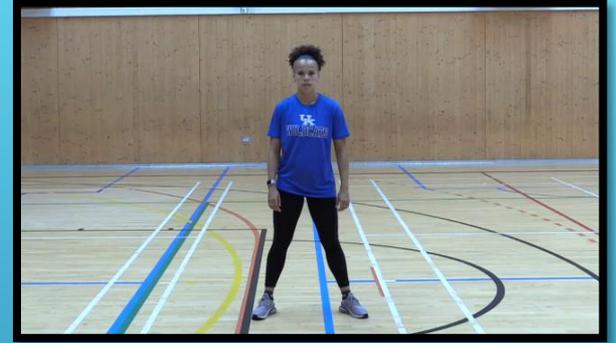


Burpees

SUMO SQUAT HOLD



THE OASIS 9 HABITS!



RULES!

- ❖ Place your feet beyond shoulder width apart in a sumo wrestling position.
- ❖ Squat down until your legs are 90 degrees to the floor.
- ❖ Start the clock and keep your back up straight and hold the position.
- ❖ Record how long you can hold the sumo squat on your score card.



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to event
list](#)

PRESS-UPS



RULES!

- ❖ Choose to do either full press-ups or press-ups on your knees.
- ❖ Make sure you bring your chest down to the floor and then straighten the arms fully as you come back up.
- ❖ Time your self for **1 minute** and record your 3 attempts on your score card.



THE OASIS 9 HABITS!



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STANDING STORK BALANCE



THE OASIS 9 HABITS!



RULES!

- ❖ Choose which foot to balance on.
- ❖ Bring the other foot up and place it on the standing knee.
- ❖ When you are ready, start the clock and come up onto tip toes on the standing foot, bringing the heel off the floor.
- ❖ Stop the clock if your heel touches the floor, your leg comes off your knee or if you start hopping around.
- ❖ Record your three attempts on the score card.



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STANDING LONG JUMP



RULES!

- ❖ Place a tap measure down on the floor and extend it out to at least **3 metres (300cm)**
- ❖ Stand with both feet together to one side of the tape next to the 0 cm.
- ❖ Take off from two feet and land on two feet as far forwards as you can.
- ❖ Measure how far you jump from the back of your heels in meters and centre metres.
- ❖ Record your three attempts on your score card.



THE OASIS 9 HABITS!



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PLANK



THE OASIS 9 HABITS!



RULES!

- ❖ Lay on your front with your forearms on the floor under your head.
- ❖ Lift up so that your body is off the floor.
- ❖ Hold yourself in the plank position for as long as you can making sure you are completely straight.
- ❖ Start the watch and record your 3 attempts on your score card.



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SIT-UPS



THE OASIS 9 HABITS!



RULES!

- ❖ Lie on your back with your knees bent and your feet flat on the floor.
- ❖ Place your arms on the side of the head and come all the way up to your knees and back down again.
- ❖ You may put your feet under something to stop them coming up, or get someone to hold them down for you.
- ❖ Count how many sit-ups you can do in **1 minute**.
- ❖ Record your 3 attempts on your score card.



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RUNNING ON THE SPOT



RULES!

- ❖ Start the clock and run on the spot for as long as you can!
- ❖ You only have **1 attempt** at this event.
- ❖ If you stop running at anytime stop the watch.
- ❖ Record your time on your score card.

THE OASIS 9 HABITS:

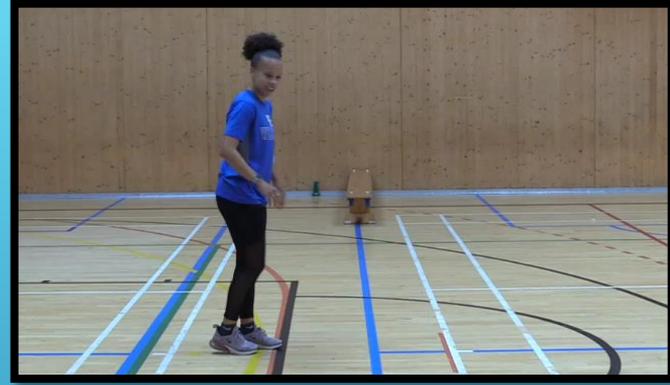


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BURPEES



THE OASIS 9 HABITS!



RULES!

- ❖ Start in a standing position.
- ❖ Crouch down into a press-up position and kick both of your legs back to straighten them.
- ❖ Bring both legs back in towards your chest and then jump up into the air. (this is one burpee).
- ❖ Count how many you can do in **1 minute**.
- ❖ Record your **3 attempts** on your score card.

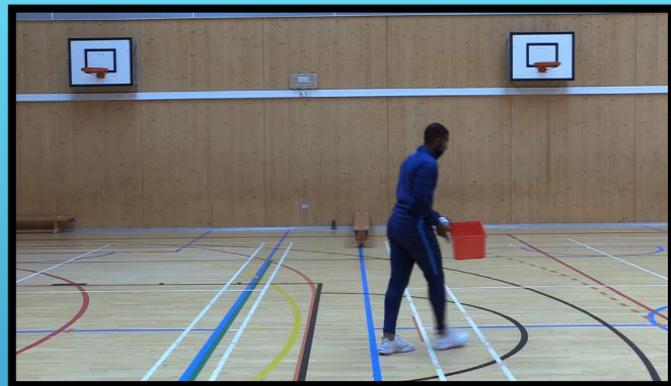


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SHOT PUTT



THE OASIS 9 HABITS!



RULES!

- ❖ Place a bucket/container on the floor 5 metres away from you.
- ❖ Using any rounded object such as any ball, rolled up sock etc stand **5 metres away** from the bucket/container.
- ❖ Using the shot putt technique, you have **5 attempts** to get your rounded object into the bucket/container.
- ❖ Record how many times out of 5 you get into the bucket/container in your 3 attempts on your score card.

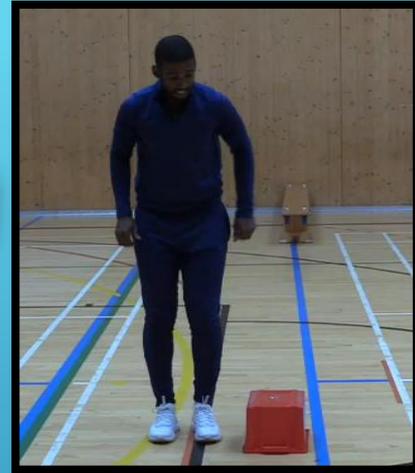


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SIDE TO SIDE JUMPS



THE OASIS 9 HABITS!



RULES!

- ❖ Find yourself something to jump over that is approximately **30cm in height**. (box or cushions etc)
- ❖ Start with both feet together on one side of the box/cushions and jump with both feet together over the box/cushions landing with both feet together on the other side. (this is one side to side jump).
- ❖ Count how many you can do in **30 seconds**.
- ❖ Record your 3 attempts on your score card.



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Name – Mr Attenborough

Year Group – Year 50!

House - Owens

EVENT	My Score Attempt 1	My Score Attempt 2	My Score Attempt 3	My Best Score
 Sumo Squat Hold	3 min 30s	3 min 45s	3 min 54s	3 min 54s
 Sit-Ups	80	94	115	135
 Standing Long Jump				
 Standing Stork Balance				
 Plank				
 Running on the spot				
 Press-Ups				
 Shot Putt				
 Side to Side Jumps				
 Burpees	30	33	43	43

Example of Scoring card!

THE OASIS 9 HABITS!

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Name –

Year Group –

House -

EVENT	My Score Attempt 1	My Score Attempt 2	My Score Attempt 3	My Best Score
 Sumo Squat Hold				
 Sit-Ups				
 Standing Long Jump				
 Standing Stork Balance				
 Plank				
 Running on the spot				
 Press-Ups				
 Shot Putt				
 Side to Side Jumps				
 Burpees				

Don't forget to enter your
results by **Friday 10th July**
4pm using the link below!



<https://www.surveymonkey.co.uk/r/3VPRQJ9>

WINNERS

*never quit
and*

QUITTERS

never win

Patient

Hopeful

Self-control

Humble

COMPASSION

Considerate

JOYFUL

Forgiving

HONEST

**REMEMBER
THE OASIS 9 HABITS!**

HONEST