



Lumen Christi College

Virtual Sports Day 23rd June 2020



Format

- Each year group will have 3 compulsory challenges for boys and 3 compulsory challenges for girls.
- There will also be 2 advanced challenges for boys and girls which are optional.
- 1st, 2nd and 3rd place will be awarded for each of the challenges per year group in the boys' category and the girls' category.
- There will also be an award for best overall class in each year group.
- All challenges will be carried out at home, with your time/number recorded and evidence provided.

Events and Categories

Year 8-11 Boys	Year 8-11 Girls
<ul style="list-style-type: none"> • Target throw • Press-ups • Plank 	<ul style="list-style-type: none"> • Target throw • Sit-ups • Squats
Advanced Challenges	Advanced Challenges
<ul style="list-style-type: none"> • Burpees • 1km Run 	<ul style="list-style-type: none"> • Burpees • 1km Run

Sending in your results

- A link to a Microsoft form will be posted on Google Classroom a few days before Sports Day.
- On this Microsoft form you will fill out your name, your surname, your year group and your class letter.
- You must also type in the number that you completed for each of the tasks e.g. 8 targets or the number of seconds e.g 1km in 4mins 23 secs (4 x 60secs + 23secs) = 263 secs
- To be considered for a placing of 1st 2nd or 3rd you must upload video evidence. There will be a tab to upload your videos on the form.

SENIOR PUPILS WILL CREATE A VIDEO FOR EACH OF YOUR CHALLENGES SOON. WATCH THIS SPACE!!!!

NOW ITS TIME TO GET PRACTISING YOUR CHALLENGES.