

Wallingford School - House Newsletter

Friday 10th July 2020

Assembly 'Virtual Sports Day'

By Mr Dodson - Head of Physical Education

If we take a look back to earlier in the year, like the rest of the world, we were thrown a challenge of adapting our day to day practice to a virtual world. We wanted to create something that was simple, challenging, motivating and inspiring for our students to complete, which encouraged them to remain or get active. We created daily challenges of which initially students completed and submitted and then we posted. Luckily enough we had a platform to boost this on with our Instagram and Show My Homework (SMHW).

We have been overwhelmed with the participation from not only students, but teachers, parents and ex pupils alike. Overtime the challenges developed into school sporting fixtures and now it is time for a new challenge.

I am now happy to announce that we will still be offering a Sports Day in 2020 albeit slightly amended. Sports Day has always been a massive event in the calendar for Wallingford School and I hope a Virtual Sports Day will help with the void and ignite the competitive spirit our students possess. So grab your Reebok classics & House colours and get stretching, start moving and send us your efforts!



Virtual Sports Day Events

0.5km Run

Run 500 metres as fast as you can, make sure you use an app to record it.

5km Run

Run 5000 metres as fast as you can, make sure you use an app to record it.

Cycle for Distance

Cycle as far as you can over the 2 days, make sure you use an app to record it.

Press Ups in 60 Seconds

Complete as many press ups as you can in 60 seconds, ensuring that arms return to straight after each press up and your nose touches the floor. Make sure you video your performance, use time-lapse if possible.

Plank Hold

Hold the plank position for as long as possible. At all times both elbows must be touching the floor. Make sure you video yourself from a side on/ diagonal position with a timer present, use time-lapse if possible.

Handstand Hold

Hold a freestanding handstand for as long as possible, please submit time with entry, please video your performance.

Keepy Uppys

Complete as many keepy uppys as possible in one go. Please video your performance and tell us your total number.

Aesthetic Display

This is an open category where you can send us up to 60 seconds of video of you completing a sporting activity which is aesthetically pleasing (looks cool). It will be subjectively marked by our panel of experts. Examples could be a trampolining routine or tricks on a bicycle/skateboard etc.

How To Submit

All performances must take place on the 15th and 16th July and cannot be performances completed prior to these dates. If you can wear house colours please do so.

For the running and cycling challenges please send us a screenshot of your score using an app or a photo of your Garmin/ watch (recommended app- Strava, the free version is adequate).

For the press ups, plank and handstand hold, keepy uppys and aesthetic display please video your performances and send them to us. Feel free to use time-lapse or hyper-lapse to speed up your recordings.

Please include the house and year group you represent in your submission. You can enter as many challenges as you like and must **submit by 8pm on Thursday 16th July.**

You can send your videos and screenshots to us in multiple ways.

Instagram: Direct Message us [@walli.pe](https://www.instagram.com/walli.pe)

Facebook & Twitter: Message us [@wallingford4140](https://www.facebook.com/wallingford4140)

Social media use: #WS_VirtualSportsDay2020

SMHW: To Mrs Clarke in response to the homework set.

Please feel free to email Mr Dodson: dodsons@wallingfordschool.com

Who Can Participate

Year 7-13 and staff. Each year group will be completing independently of each other, so do not worry if a Year 13 runs a faster 5km time than you for example. All entries gain points for your house. You can participate in as many challenges as you like.

Follow the Action

You can follow the action on the Wallingford [PE Instagram](https://www.instagram.com/walli.pe) or the school [Facebook](https://www.facebook.com/wallingford4140) page.



The Results

The results will be published in our final House Newsletter on Tuesday 21st July.
All entries will receive points for their House team.

Good luck and may the best House win!

#WS_VirtualSportsDay2020 #Bigg #Blackstone #Christie #Matilda



The winning moment from Blackstone
last year...who will be next?

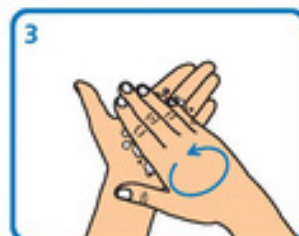
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



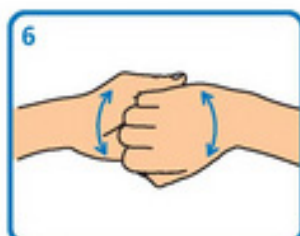
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel






Hand washing should take 15-30 seconds

In England from 4 July, where it's not possible to stay 2 metres apart
**keep a distance of 1 metre
+ precautions**



Precautions such as

-  Wearing a face covering
-  Keeping interactions brief
-  Following the COVID-19 Secure guidelines wherever you are

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



Your household
can meet up with
**one other
household,**
indoors or
outdoors

OR



You can meet up
in a group
of up to
six people,
outdoors
only

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES