

Event Explainer - Traditional School Sports - Spóirt Scoile Traidisiúnta

School Sports

There are lots of games, races and traditions attached to school sports day. Games such as the egg and spoon race, the sack race, the 3 legged race and the parents race are all very much the core of school sports day in Ireland. Let's revisit them in a virtual setting.

(ref: photo - glinskns.ie)



Activity 1 - Egg and spoon / spud and spoon race.

Each pupil gets a spoon and an egg (hardboiled or plastic). Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the pupil must stop and retrieve it.

Ref(Photo - Wikipedia.com)



Activity 2 - Sack Race

Each pupil puts both legs into sack and hops around a cone, or some marked point, and back, tagging the next person in line. Then, the next pupil in line gets into the sack and repeats the once-around the cone course. The Pupil or team to the finish line wins.

(REF - Photo Getty images)



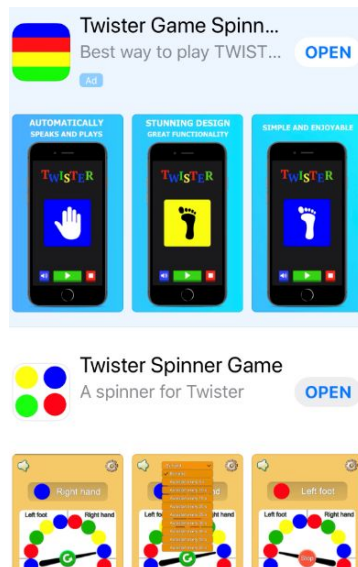
Activity 3 - Open-air Twister

Everyone's favourite physical board game brought to the outdoors. There are a number of phone & tablet applications to embellish the pupils' experience. Please see the screenshot below will replace the twister clock

(photo Ref - instructables.com)
(Photo Ref - shutterstock.com)



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Activity 4 - Queen - i - o

A pupil is picked to be the "Queenie", that person turns their back to everyone else. The "Queenie" then throws the ball over their shoulder and one of the other pupils needs to catch it or pick it up. Everyone, except the "Queenie", puts their hands behind their backs so that the "Queenie" does not know who has the ball. The "Queenie" then turns around and everyone shouts:



Queenio, Coko, who's got the ballio?

The "Queenie" has to guess who has the ball through a process of elimination. If the pupil with the ball is the last one to be picked, that person becomes the new "Queenie". The pupil must admit to having the ball or will automatically be "out". The pupil who is the "Queenie" must not look when throwing the ball or the "Queenie" herself will be "out". Accompanying video is helpful.

(Ref; streetgames.co.uk)

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Links to youtube videos

<https://www.youtube.com/watch?v=4yMS0IuPZD0> egg and spoon

https://youtu.be/A7XYZ_HL6Q sack race

<https://youtu.be/OOO01jlSgSw> Twister

<https://www.youtube.com/watch?v=3g7-Y0cWbFQ> Queen I -0