



JT/AR/LL12.06.2020

Virtual Sports Day

Dear Parents/Carers,

This coming Thursday, 18th June, would have been our annual sports day here at school and at the cricket ground. However, due to the current situation we are unable to host the event in the usual way this year. Not wishing the children to miss out, we are proposing that we hold the first Bransgore Virtual Sports Day. This event will involve both children at home and at school.

Over next week we would love it if you could take a photo of your child taking part in one of our challenges and tweet us using the hashtag **#bransgorevirtualsportsday**. We also welcome photos of any sporting activity or exercise in general. The most important thing is to remember that even though we might be apart we can still join together in moving and having fun.

The challenges:

- **Take part in a 'PE with Joe' workout.** Extra points for getting your adults involved!
- **Dance along with Oti Mabuse** in BBC IPlayer's new series 'Oti's Boogie Beebies'. Bonus points for singing along to the Strictly theme tune.
- **The Virtual Daily Mile.** How many laps of your garden or a park can you do in 10 minutes?
- **Tree Yoga Pose.** How long can you hold the tree yoga pose for without wobbling?
- **Star Jumps.** How many star jumps can you do in a minute? Arms right above your head!
- **Push Ups.** How many push ups can you do in a minute?



We look forward to seeing your photos. Please note that we hope to make a collage of our Virtual Sports Day so by tweeting a photo to us you give us consent to do so.

Let's get moving and having fun! Nothing can stop Team Bransgore!

Take care and stay safe!

Jess Thompson (PE Coordinator) & Aidan Richards (IT Coordinator)

