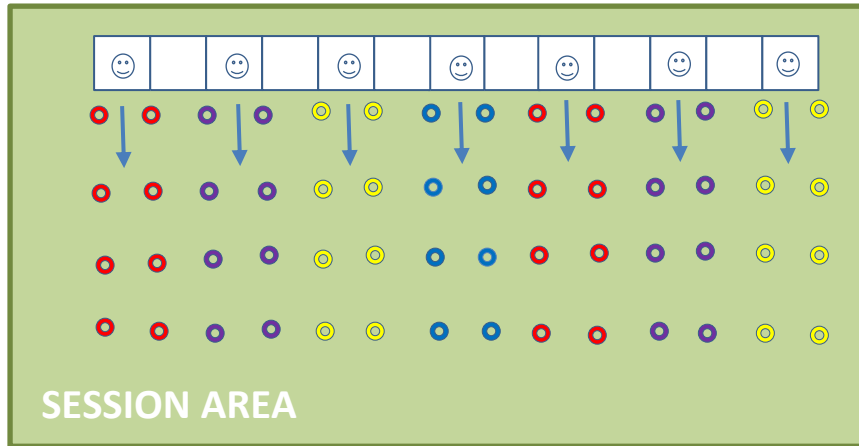# ESSD
Personal Best
Sports Day

Example Facility & Session Set Up and Diagram

Keeping the current social distancing and PE guidance at the forefront of our planning, please see the following overview of how to set up your session area.

SESSION AREA

Key Set Up Points:

- Set up your chosen activities to suit your available space, ensuring children have clear designated grids, markers or space that are 2m apart from one another
- If using a grid formation:
- Set up 2 metre areas for pupils to play in, with a 2-metre area in between each pupil.
- If the session is on grass you might want to get boxes cut/painted onto your grass area, as it will grow out in time, to save time and cones. If on tarmac, just use cones.
- Use colour coordinated cones for pupil lanes for them to travel in, depending on the activity. Leave space for these.
- Leave enough space behind the boxes to put any individual pupils' equipment for that session/activity.

Format & Scoring

There are several ways in which a school can utilise this Sports Day model and base their scoring system on various outcomes. Different variations will require various measuring equipment, and you can always link them together depending on your schools' needs. Possible scoring formations:

Option 1: Compete against yourself – PB Challenge
Children compete against their own scores. Select your chosen activities and make a note on the scorecard of everyone's first attempt. Players try to beat their original score. Make a note of the children's best go and measure/note down the improvement. The higher the improvement the better they have done. Teachers can also give points for every PB a pupil manages to do and a certificate.

Option 2: Player v Player
Children compete against the rest of their class. Like above, but after making a note of each pupils PB, the fastest time or longest distance wins. Scale a scoring system for each event.

Option 3: Team v Team
Class is split into teams. Deliver the sessions and make notes of the pupil's scores. Add together each individuals PB score from each event, to come up with a combined total for each team. For timed events - the lowest accumulative time wins. For distance events - the highest accumulative distance wins. Each event has a scaled points system: 1st = 100 points, 2nd = 80 points, 3rd = 60 points etc.

CLASS SCORE CARD

NUM	PUPIL NAME	LONG JUMP (METRE)			TRIPLE JUMP (METRE)			SPEED BOUNCE (BOUNCES)			SPRINT (SECS)			LONG DISTANCE (SECS)			OBSTACLE (SECS)			RELAY RUN (SECS)			EGG & SPOON (SECS)		
		1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR

KEY: 1st Try = Pupils first attempt   PB = Pupils best score, if they can beat their 1st attempt   IMPR = Time or distance of pupil's improvement from 1st attempt to PB

CLASS SCORE CARD

NUM	PUPIL NAME	TARGET THROW (M)			DISTANCE THROW (M)			THROW CLAP CATCH (CLAPS)			ROLL A BALL (SECS)			KICK A BALL (Dribble) (SECS)			BOUNCING A BALL (Dribble) (SECS)			SKIPPING (SECS)			TOTAL PERSONAL BEST'S ACHIEVED	TOTAL POINTS = 10 points x Total PB's
		1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR	1st TRY	PB	IMPR		