



2020 SONM Virtual Games Event Descriptions

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat

Athletics

25 Meter Dash

How fast can you walk, roll or run 25 meters?

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 25 meter dash in your yard, on a sidewalk, or any open space. Measure 25 meter (or 82.02 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 30 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 25 meters from start to finish.

50 Meter Dash

How fast can you walk, roll or run 50 meters?

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 50 meter dash in your yard, on a sidewalk, or any open space. Measure 50 meter (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 50 meters from start to finish.

100 Meter Dash

How fast can you walk, roll or run 100 meters?

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 100 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meter (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 100 meters from start to finish.

200 Meter Dash

How fast can you walk, roll or run 200 meters?

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 200 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet); when you run/walk/roll down and back it will be a total of 200 meters. If you are unable to measure 100 meters, you can take 120 large steps and use that distance to go up and down for 200 meters.

What to record and submit: Record the time it takes to run, walk, or roll your 200 meters from start to finish.

3K Walk

How fast can you walk 3000 meters?

Needed Supplies: Distance Tracker, Timing Device

Set Up: Utilize a GPS system or personal fitness tracker to begin walking the 3000 meters (or 1.86 miles). You can also utilize a pre mapped out area from a mapping system.

What to record and submit: Record the time it takes to walk your 3000 meters from start to finish.

Standing Long Jump

How far can you jump from a standing position?

Needed Supplies: Measuring Tape

Set Up: Keep both feet on the ground and jump as far as you can.

What to record and submit: Measure the distance of your jump in feet and inches

Tennis Ball Throw (15 meter max)

How far can you throw a tennis ball?

Needed Supplies: Measuring Tape, Tennis Ball

Set Up: Throw a tennis ball and measure (in meters and centimeters) how far it goes.

If you can throw farther than 15 meters, do not compete in this activity.

What to record and submit: Measure the distance of your throw from where your feet are to where the ball lands, (not to where it rolls and stops). Measure in feet and inches

Softball Throw

How far can you throw a softball?

Needed Supplies: Measuring Tape, Softball

Set Up: Throw a softball and measure (in meters and centimeters) how far it goes.

What to record and submit: Measure the distance of your throw from where your feet are to where the ball lands, (not to where it rolls and stops). Measure in feet and inches

General Fitness

Push Ups

How many push ups can you do in 60 seconds?

Needed Supplies: Timing Device

Set Up: Be sure to use the proper push up position while completing this event. (See below for the Anatomy of a Proper Push Up)



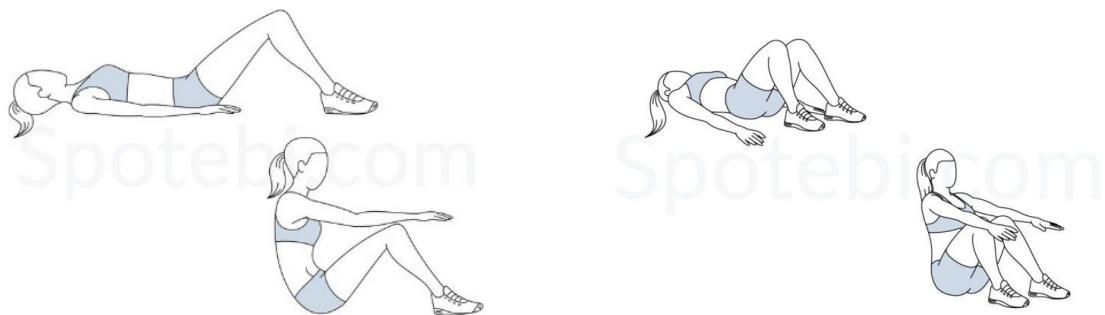
What to record and submit: Count and record the number of push-ups you can complete in one minute (60 seconds)

Sit ups

How many sit ups can you do in 60 seconds?

Needed Supplies: Timing Device

Set Up: Be sure to use the proper push up position while completing this event. (See below for the Form to follow to complete a Proper Sit Up)



What to record and submit: Count and record the number of sit ups you can complete in one minute (60 seconds)

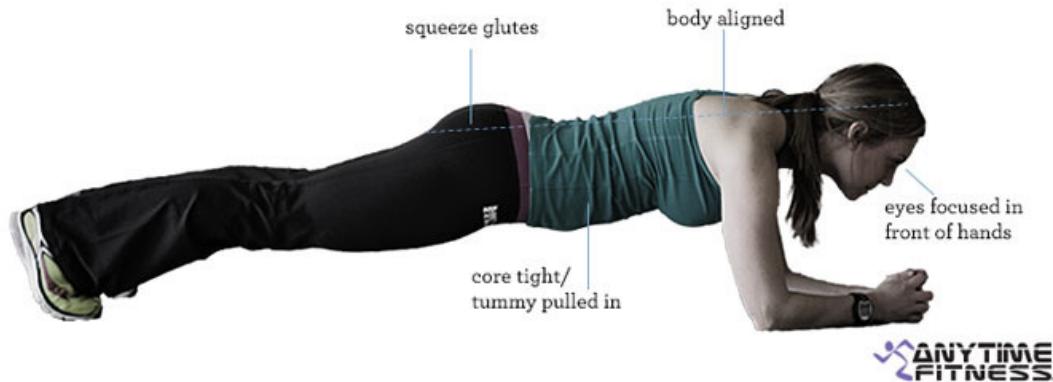
Plank

How long can you hold a plank?

Needed Supplies: Timing Device

Set Up: Be sure to use the proper plank position while completing this event. (See below for the Anatomy of a Perfect Plank)

anatomy of a perfect plank



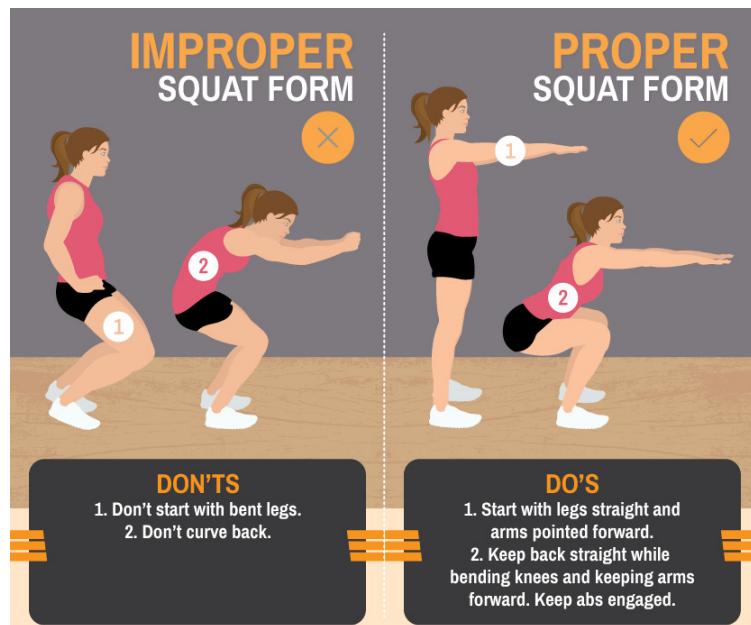
What to record and submit: Record how long you can hold a plank position

Air Squat

How many Air Squats can you complete in 2 minutes?

Needed Supplies: Timing Device

Set Up: Be sure to use proper form while completing this event. (See below for the proper squat form)



What to record and submit: Record how many Air Squats you complete in a 2 minute time period.

Frisbee Throw

How far can you throw a Frisbee?

Needed Supplies: Measuring Tape, Frisbee

Set Up: Throw a Frisbee and measure (in meters and centimeters) how far it goes.

What to record and submit: Measure the distance of your throw from where your feet are to where the Frisbee lands, measure in feet and inches

Jumping Jacks

How many Jumping Jacks can you complete in 2 minutes?

Needed Supplies: Timing Device

Set Up: Find enough space to complete your Jumping Jacks without bumping anything

What to record and submit: Record how many Jumping Jacks you complete in 2 minutes.

Hula Hoop

How long can you Hula Hoop?

Needed Supplies: Timing Device, Hula Hoop

Set Up: Find enough space to complete your Hula Hooping without bumping anything. You must have a Hula Hoop to complete this activity.

What to record and submit: Record how long you can consecutively Hula Hoop

Volleyball

Volleyball Sets back to self (Overhead Pass)

How many times in 1 minute can you set the ball?

Needed Supplies: Timing Device, Volleyball

Set Up: You must use a volleyball to complete this event. Place your hands above your head with your fingertips spread apart and elbows out wide and to the side. Keep your thumbs and index fingers touching each other. Place the ball in your stretched hands and “pinch your fingers together” to make the volleyball pop up into the air. Allow the ball to fall back into your hands and repeat the movement again, popping the ball in the air, this is setting the ball.

What to record and submit: Record how many times you can set the ball in a one minute time frame.

Volleyball Bumping to self

How many times in 1 minute can you bump the ball?

Needed Supplies: Timing Device, Volleyball

Set Up: You must use a volleyball to complete this event. Stand with your feet shoulder-width apart and your knees bent. Lean forward and place one hand on top of the other, with your palms up and your thumbs touching. Stretch your arms out and lift them upward to bump the ball, try using your forearms to hit the ball squarely up. Allow the ball to return to you to continue this event.

What to record and submit: Record how many times you can bump the ball in a one minute time frame.

Balloon Volley

How long can you keep an inflated balloon in the air and not touching the ground?

Needed Supplies: Timing Device, Balloon any size

Set Up: Blow up a balloon to your preferred size. Begin timing when you start your first hit into the air. Continue hitting the balloon using any form and keep the balloon from touching the ground.

What to record and submit: Record how long you can keep the balloon in the air and away from touching the ground.

Softball

Softball Throw for Accuracy

How many throws can you complete out of 10 to a target?

Needed Supplies: Measuring Tape, Softball

Set Up: Create a target that is 6 ft by 6ft, (you can also throw the Softball to a person). Measure 60 feet from the target, this will be your throwing start line. Throw the Softball 10 times to the target area.

What to record and submit: Record how many times out of 10 you hit the target area from the 60 foot starting line.

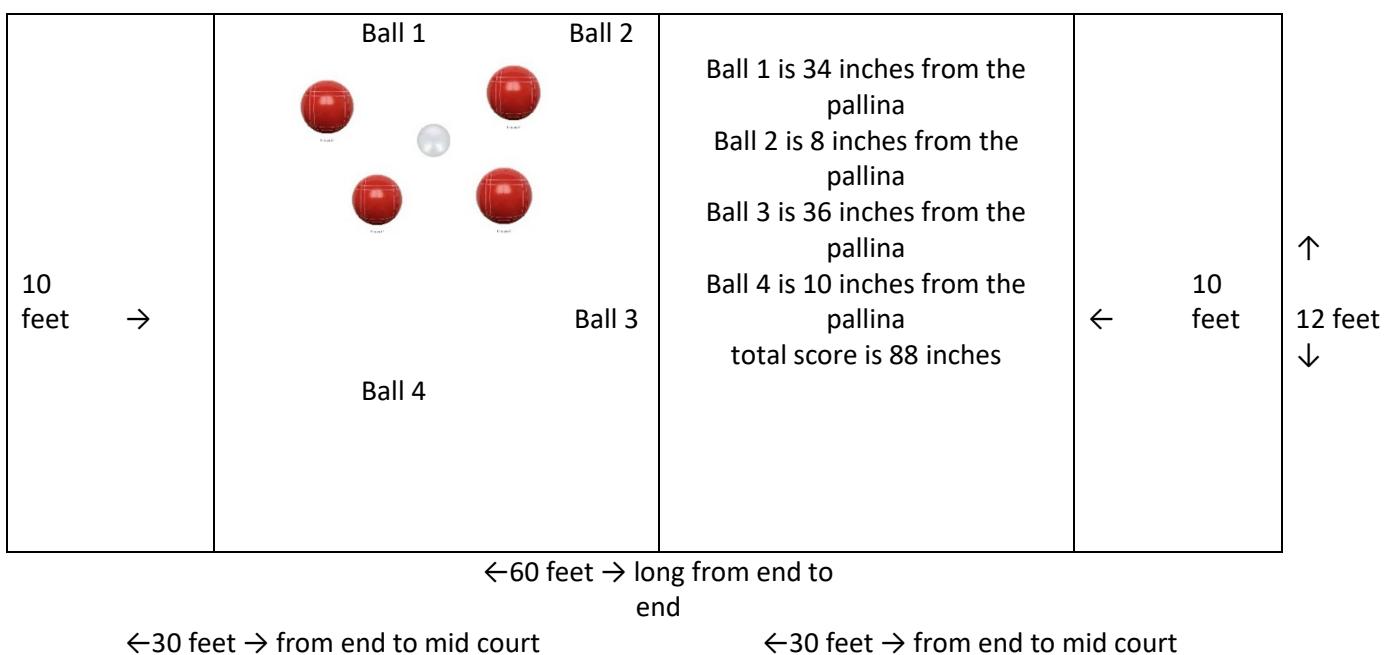
Bocce

Closest to the pallina

How close can you throw to the pallina?

Needed Supplies: Measuring Tape, Set of Bocce Balls

Set Up: Create your Bocce Court, measure a 60 foot long by 12 foot wide Bocce Court, mark a single foul lines on either side that measure 10 feet from the back wall. Set another marker at the halfway point in the court measuring 30 feet from the back wall. From behind the foul line throw the pallina so it crosses the mid point of the court. From behind the foul line throw 4 Bocce balls consecutively to get as close to the pallina as possible. Now measure in inches how far each ball came to rest from the pallina. You will have 4 separate measurements. Take the 4 measurements and add them together to create your total score in inches.



What to record and submit: Measure the distance in inches each bocce ball came to rest from the pallina. You will have 4 separate measurements. Take the 4 measurements and add them together to create your total score in inches. Submit the total score of all 4 measurements.