


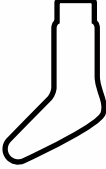

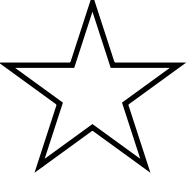





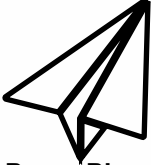



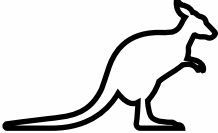


Choose 12 ONLY!! 12 activities = gold coin - Methlick School 'Stay at Home' Sports Day May 2020

<b>Races</b>	<b>Physical Fitness How many in one minute</b>	<b>Coordination</b>	<b>Aim</b>
<p><b><u>Mini Marathon</u></b> Our Methlick Marathon is always a favourite. How many laps around your garden or open space can you do?</p>	<p><b><u>Partner Plank Challenge</u></b> Get into the plank position and face your partner. When you are both ready - say 'Go!'. How many high fives can you do in a minute?</p>	<p><b><u>Balance Bear</u></b> Balance a teddy bear, cushion or item of your choice on your head and sprint to the finish line as fast as you can.</p>	<p><b><u>Welly throw</u></b> How far can you throw your wellies or shoes of your choice? Try the best of 3 or challenge your family and make a competition out of it.</p>
<p><b><u>Sack Race</u></b> Carry out a sack race. If you don't have a sack you could use a bin bag. Make sure you have an adult supervising you.</p>	<p><b><u>Star Jumps</u></b> Jump with arms and legs outstretched and clap your hands above your head for 1 star jump. How many in a minute?</p>	<p><b><u>Tattie and Spoon</u></b> Ask an adult what you can use. It could be an apple, potato or anything round. How many laps of your living room or garden can you do in a minute without dropping your tattie?</p>	<p><b><u>Discus</u></b> Take three attempts to throw a frisbee, plastic or paper plate. Measure your longest distance.</p>
<p><b><u>Skipping Race</u></b> Always a memorable race on Sports Day. Can you skip round your garden?</p>	<p><b><u>Step ups</u></b> Find a safe outdoor space with a stable step. Start with both feet on the ground, step one foot up followed by the other and then step down one foot followed by the other. Repeat.</p>	<p><b><u>Ball or Balloon Dribble</u></b> Lay out 4 flowerpots, logs or other obstacles in a row with space in-between for you to bounce or dribble a ball of your choice around.</p>	<p><b><u>Paper plane Javelin</u></b> Use your paper plane expertise to create one to launch like a javelin. Have 3 attempts. The winner is the one who makes their paper plane javelin travel the furthest.</p>
<p><b><u>Daily Mile Challenge</u></b> On your daily walk can you reach a mile whether you walk, run, skip, dribble a ball. Let us know what you do to achieve your mile.</p>	<p><b><u>Skipping</u></b> Just like Mr Mutch v Mr Reid How many skips can you do in a row in a minute?</p>	<p><b><u>Washing Line Challenge</u></b> How quickly can you peg five items on the washing line? Every item must have at least one peg.</p>	<p><b><u>Long jump</u></b> How far can you jump from a standing position, or take a run, leap and then jump. Have 3 attempts.</p>

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METHLICK SCHOOL 'STAY AT HOME' SPORTS DAY SCORE SHEET							
Activity	Score	Activity	Score	Activity	Score	Activity	Score
 Mini Marathon		 Plank Challenge		 Balance Bear		 Wellie Throw	
 Sack Race		 Star Jumps		 Tattie & Spoon		 Discus	
 Skipping Race		 Step Ups		 Ball or Balloon Dribble		 Paper Plane Javelin	
 Daily Mile		 Skipping		 Washing Line Challenge		 Long Jump	

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METHLICK SCHOOL 'STAY AT HOME' SPORTS DAY SCORE SHEET			
<b>METHLICK SCHOOL SPORTS DAY EXTRAS and SCORESHEET</b>	<b>Design Bunting</b> in your house colour with your house symbol. Schivas - Scorpion Haddo - Hummingbird Gight – Seal	<b>Set up a water and snack station</b> to help you keep hydrated and energised throughout your sporting event. Share a healthy energy snack recipe with your class teacher.	<b>Design medals and or a podium</b> to present to the members of your family who score 1st, 2nd, 3rd highest scores.