

Primary P3-4 PE

SPORTS DAY

Below are 5 sports day challenges where you can try to beat a teacher! You can complete as many or as little of the challenges as you wish but it would be great if you could try to do one each day this week. You also have an Olympic FLIP to look through at your leisure.

Don't forget to share how you get on in your challenges with Miss Johnston! :)

1. Tokyo Olympics



Tokyo Olympics FLIP

Learn something new you didn't know before about the Olympics!

Try one of the fun challenges and let @ActiveClacks know how you got on!

#ActiveClacksRoadToTokyo

2. Sock & Spoon Keepy Ups

You have 30 seconds to try and get as many keepy ups with a spoon and pair of socks as you can.

Watch the video to see Miss Campbell having a go, can you beat her score of 14?!

Sock & Spoon Keepy Ups

You will need a pair of balled up socks, any size of spoon and a timer!



Good luck!

To make it easier:

Use a larger spoon.
Use a larger pair of socks.

To make it more challenging:

Use a smaller spoon.
Use a smaller pair of socks.

3. Dress Up Relay

You will need: 2-3 chairs, a timer, a hat, a pair of gloves, an adults top or t-shirt and a bag!

Set up: Find the biggest space you can and set out your chairs. It's best done outside if possible. Place your dress up items at one end of the chairs.



Challenge: Put on one item then slalom in and out of the chairs, then crawl back underneath the chairs to put on the next item. Repeat this until all items have been put on and finish by going under the chairs.

Here is a video of Miss A. Evans to show you: [Dress Up Relay](#)

She got 1 minute 19 seconds, now time yourself and share your best time!

To make it easier:

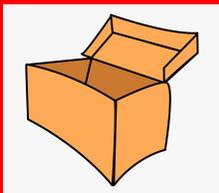
Use less chairs.
Slalom back instead of going under.

To make it more challenging:

Use more items.
Go under the chairs from the side.

4.Target Throw

You have 10 seconds to throw as many different pairs of socks or soft toys into a box as you can. If you throw them all, run and pick up the ones you missed at the end and go back to line to try again.



Click the link below to watch Miss K. Evans in action, can you beat her score of 2?!

[Target Throw](#)

To make it easier:

Move your marker line closer.
Use a bigger box.

To make it more challenging:

Move your marker line further away.
Use your non-preferred hand.
Use a smaller box.

5.Speed Bounce

You have 30 seconds to see how many times you can jump over the speed bounce. You can use anything you find at home to jump over. Stand side on to the object you are using with your feet together and jump over it sideways.



[Speed Bounce](#)

Mr Scotland got a score of 50!

Do you think you can beat him?

Give it a try and share how you get on!

To make it easier:

Use a smaller object to jump over
Try doing it for 20 seconds instead of 30.

To make it more challenging:

Use a higher object to jump over.
Keep jumping for 40 seconds.

6.Target Knockdown

You will need a water bottle (with a little water inside it), a cuddly toy/socks to throw and something to use as a marker.

You have 30 seconds to knockdown the bottle target as many times as you can!

Rules:

Place down the bottle and take 4 large steps away, place down marker.

Underarm throw the socks/teddy at the bottle.

If you hit it, place the bottle back up and run back to the marker to throw again.

If you miss, run to pick up the teddy/socks, run back to the marker and throw again.

Watch Mrs Murray try the: [Target Knockdown](#)

She managed to knock down the target 2 times in 30 seconds! See how many you can do!

To make it easier:

Move your target closer.
Use a larger target.
Use a larger teddy/object.

To make it more challenging:

Move the target further away.
Use a smaller teddy/object.
Use your non-preferred hand.