
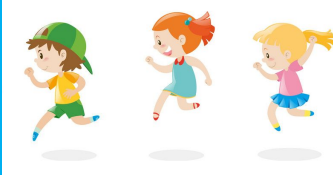


Primary P5-7 PE

SPORTS WEEK

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! :)

<h3>1. Tokyo Olympics (FLIP)</h3> <p>Find out about the Olympics, the history and tradition, what sports are included for Tokyo!</p> <p>Tokyo Olympics</p>  <p>Learn something new you didn't know before!!</p> <p>Try one of the fun challenges and let @ActiveClacks know how you got on!</p> <p>#ActiveClacksRoadToTokyo</p>	<h3>2. Speed Bounce</h3> <p>See how many times you can jump over an object in 60 seconds.</p> <p>You could use a pillow, a book, or soft toys etc.</p> <p>Stand side on beside the object with your feet together and jump sideways over it.</p> <p>Have a look at Mr Scotland in action: Speed Bounce</p> <p>He scored 54!</p> <p>Now it's time to see how many you can do!</p>	<h3>3. Sprints</h3> <p>Place two markers at least 4-5 big steps apart and see how many times you can run back and forth in 30 seconds!</p>  <p>Watch Miss Garner GO: Sprints</p> <p>She managed 14 sprints in 30 seconds, now it's your turn!</p>
	<p>To make it easier: Only do it for 45 seconds.</p>	<p>To make it easier: Only run for 15 or even 20 seconds.</p>
	<p>To make it more challenging: Record your score the first time, and then try and match it two more times.</p>	<p>To make it challenging: Do it the first time and note your score, then move the markers slightly further and see if you can still get the same score.</p>

4. Beanbag Slalom

Create a slalom course - use whatever you have for equipment - tins of beans, rocks, hoodies. Use a bean bag, bag of pasta, teddy bear, bag of socks or a cushion.

Balance a bean bag on your head and move through your slalom course. If you drop your bean bag, pick it up and keep going.



How many times can you get up and down the slalom course in 60 seconds?

Here is a video of Mrs Wright taking on the challenge - Can you beat her score? She got 5!

[Beanbag Slalom](#)

5. Tea Bag In A Cup

Can you get a tea bag into a cup?

Stand a couple of steps back from the cup. Then try to throw a tea bag into it and count how many times you are successful in 60 seconds!

You can adjust your distance if need be.



Miss Campbell got a tea bag into a cup 3 times!

[Tea Bag In A Cup](#)

Think you can do better?

Give it a go!

6. Egg & Spoon Race

See how many times you can get around a marker and back in 60 seconds while balancing an object on a spoon. If you drop the object, pick it back up and keep going!

You can use a hard boiled egg, golf ball, small potato or orange along with any size of spoon! Place down a marker then take 4 big steps forward to place down another marker. Now get ready to start, you will need a timer!

Here is a video of Miss Johnston's attempt:

[Egg & Spoon Race](#)

See if you can beat her score of 20 lengths in 60 seconds!



To make it easier:

Walk slower.
Make the slalom course narrower.
Change the equipment on your head.

To make it more challenging:

Walk faster/run.
Make the slalom course more difficult.
Change the equipment on your head.

To make it easier:

Bigger cup.
Move closer to the cup.
Use your more favoured hand to throw.

To make it more challenging:

Smaller cup.
Move further away.
Use your less favourite hand to throw.

To make it easier:

Use a bigger spoon.
Move slower.
Use two hands to hold the spoon.

To make it more challenging:

Use a smaller spoon.
Move faster.
Only use one hand to hold the spoon.
Use your weak hand to hold the spoon.