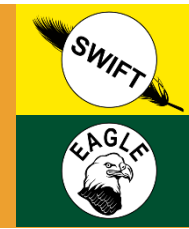




CASTLE DOUGLAS PRIMARY SCHOOL

SPORTS WEEK 1ST–5TH OF JUNE 2020



CLICK ON EACH ACTIVITY TO WATCH A DEMONSTRATION VIDEO

<p><u>EGG AND SPOON RACE</u></p> <p>Balance an egg or a similarly shaped item on a spoon and race with it to the finish line.</p>	<p><u>HURDLES</u></p> <p>Set up a line of objects that you can safely jump over. Run and jump over them at speed.</p>	<p><u>TARGET THROW</u></p> <p>Stand behind the starting line and throw the ball to the target. You can use any objects and increase the distance.</p>	<p><u>KEEPY UPPY CHALLENGE</u></p> <p>How many keepy ups can you do with a ball? Record your score and then try to beat it.</p>
<p><u>STANDING LONG JUMP</u></p> <p>Place both feet on the starting line and leap forwards. Ask an adult to record where you land. Try and beat your distance.</p>	<p><u>OBSTACLE COURSE</u></p> <p>Create an obstacle course to navigate around. Can you include running, climbing, jumping or crawling?</p>	<p><u>SHUTTLE RUN</u></p> <p>Test your acceleration by running as quickly as you can. Run to the first marker, touch the ground and run back to the start line.</p>	<p><u>WELLY THROW</u></p> <p>See how far you can throw a welly boot. Measure the distance using your feet.</p>
<p><u>SPEED BOUNCE</u></p> <p>Test your speed, rhythm and coordination. Do a two footed jump from side to side. Both feet must touch the same side each time to complete the bounce.</p>	<p><u>THREE-LEGGED RACE</u></p> <p>Connect your left leg to the right leg of another runner. Work as a team to reach the finish line.</p>	<p><u>HULA HOOP RACE</u></p> <p>Step through the hula hoop one foot at a time, rotating the hoop back over your head.</p>	<p><u>FAMILY RACE</u></p> <p>Run round a circuit taking one extra family member with you each time.</p>

Everyone in your family is welcome to take part. You can work as a team or compete against each other. There are 12 activities to try but you don't have to do them all. We encourage you to wear your house colours when taking part. Good luck and have fun. Remember to share any action shots with your class teacher.