

## Welcome to our Virtual sports Day

Staff have created a demo video to show you what each activity should look like.

Please choose as many activities as you would like to complete on Friday (or throughout the week if you would prefer)

Remember to wear your house colour if you can and your number pinned on (if you made one this week) .

**Have Fun!**

Remember to take lots of photos of your virtual sports day and post them on the school blog or email them to your teacher. We will compile these and post them on our school twitter feed on Monday 25<sup>th</sup> May.

## Activity 1

# Goal Shot

**Equipment** – any objects to make a goal and objects to dribble around eg cones, stones, jackets etc

- Set up cones/obstacles to dribble around and try to score a goal.



## Activity 2

# Peg Away

**Equipment** - 2 cones/ chairs + 6 pegs (each)

- side step between both cones/ chairs put peg on chair.
- complete 3 star jumps every time you take off the peg

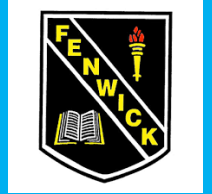


## Activity 3

# Stair Climbs

**Equipment** – any stairs/ steps inside or outside.

- Climb up and down your stairs at least 5x

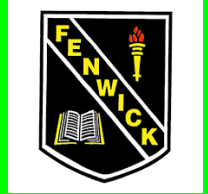


## Activity 4

# Pots and Pans Penalties

**Equipment** – 4 pots and 5 pairs of rolled up socks

- try to score a goal in 1 minute
- Challenge – add a push up in between each goal.

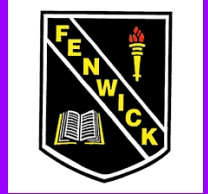


## Activity 5

# Potato/Egg & Spoon Race

**Equipment** — spoon and hard boiled egg/potato per person

- Set up a start and finish line inside or outside you can race against someone in your family or just see if you can balance your egg/potato on your spoon.



## Activity 6

# Dress up race

**Equipment** — hat, gloves, scarf per person (or you can choose different items of clothing if you would prefer)

- Set up a start and finish line inside or outside and spread your items of clothing along the course.
- you can race against someone in your family or just see how quickly you can complete this race.

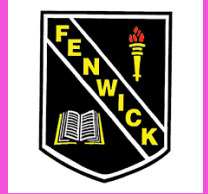


## Activity 7

# Long Jump

**Equipment** — measuring tape ( or just your feet to measure heel to toe) , start line and a long space to jump in to.

- Take a run and jump from your start marker. Put a marker in place where you jump to and then measure your distance.





## Activity 8

# Free Choice

**Create your own sports day activity and complete by yourself or with others in your family**

