



Welcome to our  
**Superheroes**



# Virtual Sports Day

Are you ready to Move it?



June 4th, 2020



A warm welcome from our very own  
**Wonder Woman, Mrs Toman!!**



I am Wonder Woman,  
because I am  
wondering what fun  
we're going to have  
next?

# Hello Superheroes!

Although we are all unable to get together for this year's Sports Day, the Busby Team are still with you in spirit and have been practising and preparing ways for you to keep fit and have fun on Sports Day.

Please let us know how you get on & send us some photos!





Superheroes are strong,  
superheroes are tough –  
they each have special  
powers, including:

- Strength & Stamina
- Balance
- Coordination
- Flexibility
- Agility

*We have put together a few ideas  
for developing all these skills...*

*...because we know you are all  
Superheroes!*

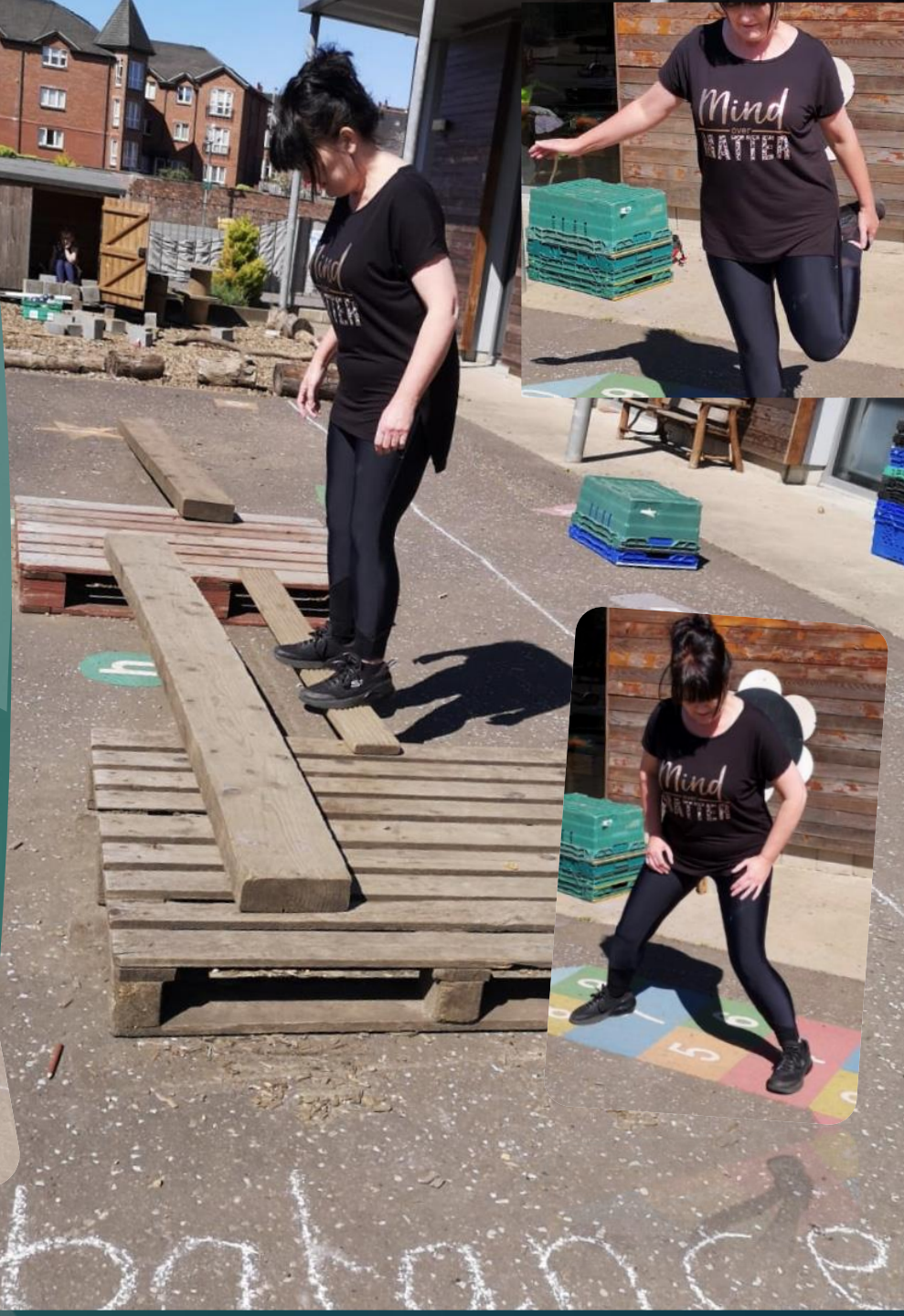
# Different ways to Balance >



On one leg like a rocket or a dingle dangle scarecrow



Outdoors in the woods



# Mrs Branco's Lava Walk

Can you balance on  
stepping stones and  
cross "Hot Lava"  
without touching it,  
like Green Lantern...???





Ideas from

## Miss McFarlane

### Walk the Line

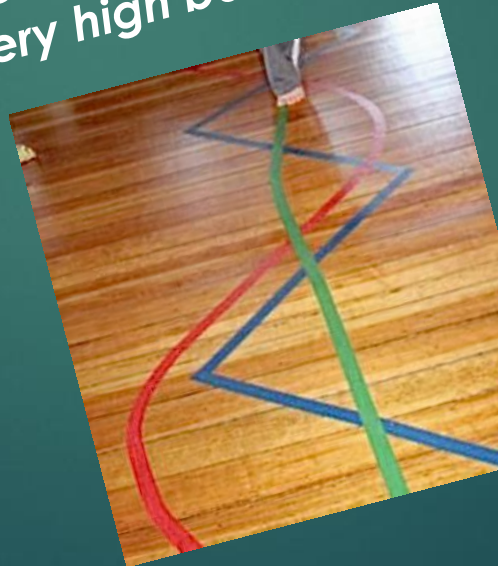
Make your own lines with chalk, tape or strips of card – they might be straight or curved or zigzag. Walk along your lines carrying an egg, peg, teabag or potato on a spoon. Can you walk the whole line without dropping it?



## Mrs Reynolds' Beam Balancing Challenge

Mrs Reynolds used upturned plant pots from her railings along with a plank to make this Beam Balance.

(She is practising like a superhero on the edge of a very high building...)





Keep head up,  
arms out and  
eyes to the  
front...



...or else,  
OOPS!!



# Mrs McCarron's Super Bean Bags

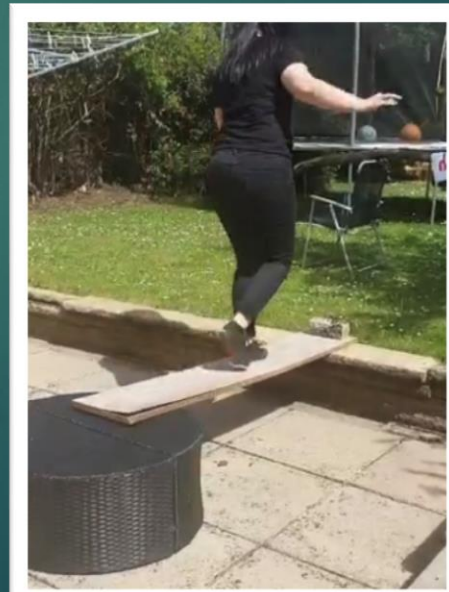
To make Mrs McCarron's Superhero beanbags, just fill up some small Zip-lock bags with some dry rice, zip them up, put one on your head and you're ready to go... How far can you walk with one on your head until it falls?



# Miss Hampton's Garden Obstacle Course

Miss Hampton made this Obstacle Course in her back garden using things she had lying around. As she didn't have any chalk for hopscotch numbers, she used blocks of wood and wrote numbers on them instead.

*Hop over the numbers - balance across the ladder & plank - duck under a log placed over 2 chairs - finish! Yay!!*



Ideas!



# Co-ordination



Hop/jump/skip in and out of objects or shapes chalked on tarmac.

Spread out paper cups, toilet rolls, cans/tins etc on the ground at different angles. Try to knock them down by rolling or kicking a ball.



## Balance & Coordination



Mrs Marshall demonstrates balance and co-ordination in her **Superhero Potato & Spoon** run, and jumping over her **Hero Cushion Hurdles**.

Or you could have a cushion race, (balancing cushions on your head)



(See Mrs Marshall's videos for the full action!)

# All kinds of ball games are great for developing Superhero coordination:

Try throwing balls into buckets, roll them down slopes, throw & catch them, dribble them with a stick, fire them through a hoop (you could make one from a wire coat hanger).

If you don't have a ball, try using any household items to practice coordination.

Can you:

- Throw teabags into bowls?
- Shoot rolled up socks into buckets?
- Make a teddy land in a box?



Can you bounce a ball in a frying pan?



# Mrs Ahmed is on the ball!

Mrs Ahmed has been practising all kinds of ball sports & skills in the garden with her family:

- Basketball
- Hockey
- Toss & Catch the tennis ball





➤ Cricket

## "How's that?"

Mrs Ahmed is also pretty handy on the cricket pitch!

**Tip:** you could make your own cricket stumps by sticking 3 sticks in the ground, then try to bowl them over.

*Always keep your eye on the ball!*



➤ And a three-legged race finishes off the day's action.



Mrs Branco (**Green Lantern**) uses super strength and flexibility to reach for the goal!  
***She shoots, she scores....!!***



Mrs Toman (**Wonder Woman**) takes careful aim with a bean bag. Can she reach the bucket...?



## **Mrs Whittington's** *home-made* Ten Pin Bowling!

Mrs Whittington used old drinks & toiletries bottles to make her own skittles, adding numbers 1-9 on them for scoring. Try doing this to get your very best score!



# Mrs McInnes's recycled Skittles



Mrs McInnes also had a go at this, using recycled water bottles & a tennis ball.

*It's a Strike!!*

Coordination



*why not challenge your family to a paper javelin contest!*



➤ Ideas

**Miss Baikie**

and her family have been busy making and throwing different types of paper javelin to practice their aim and to see which one can fly the furthest.



- Who will the winner be?
- the Dart?
  - the Flat One?
  - the Original?

Or you could try... **Sponge Batting** like Mrs Small...



All you need for this sport is:

- 1 wet sponge (or more...)
- 1 fly swatter, plastic fish slice or spatula for the Bat
- Someone to bat & Someone to throw
- A sense of humour... and maybe a shower cap...



## Ideas:

Try a welly-throwing competition, or a hammer throwing contest with a “hammer” made from an old box and kitchen roll.



## Animal Races –

- ✓ Sprint like a cheetah
- ✓ Run sideways like a crab
- ✓ Jump like a kangaroo
- ✓ Slither to the finish like a snake



Try pushing wheelbarrows up & downhill, or sliding heavy objects across a lawn on a “sledge” (tray).



Lifting, carrying, throwing, reaching, transporting, running, jumping, climbing... all build core strength & stamina!





Can you crawl through

# Hot Wires

like Mrs Branco...?

Ducking and diving, high and low, squeezing over and under is all great for promoting core strength and flexibility, and helps develop spatial awareness.

All you need here is some rope, washing line or string to tie and create spaces to manoeuvre through. See if you can get through without touching any “red hot wires”!!

# Building Core Strength



with Spiderman/Mrs MacLeod



## The Bridge Pose

How many cars or toys animals can pass under the bridge before it falls?  
Can you keep up this bridge while squeezing a ball between your knees?



## Spider Walk

Move about in a spider position, how fast can you go?  
Can you go uphill and downhill?  
Or win a spider race...?



## The Superhero Pose

Lift chest, arms and legs off the ground "to fly".  
Can you hold a ball between your feet and in your hands at the same time?



(For more Superhero yoga, see Avengers Yoga presentation)



And last of all...

Just how high  
can you jump...??

Found the superhero  
within me by looking  
in mirror: Lady Gaga

Found the superhero  
within me by looking  
in mirror: Lady Gaga



Afterwards...

After you've finished your  
Superhero Sports, find yourself a  
small quiet space to sit and  
relax, and say to yourself:

"I am Amazing!"



*We hope you have fun!*



**For more fun and games, check out all our videos and presentations below!**