

Things you'll need

Tape measure, stopwatch or timer, ball, skipping rope, markers or substitute with tins/bottles, washing basket or bin, 3 x pair socks, pencil or chalk and a rolled up towel.

Challenge 1– Sprint

- Shuttle Runs
How long does it take you to sprint x distance using shuttle runs?
- High Knees
How many high knees can you do in the specified time?
- Step Ups
How many step ups can you do in the specified time?

Challenge 2– Jump

- Standing Long Jump
How far can you jump from two feet to two feet?
- Standing Vertical Jump
How high can you jump?
- Five Strides
What distance can you cover by taking 5 strides forward?

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Challenge 3 - Run

- Endurance Run. How long does it take you to run the specified distance?
- Skipping. How many skips can you complete in the specified time?
- Square Drill . How many times can you go round the square? time?

Challenge 4 - Throw

- Target Throw
How many points can you score?
- Chest Push
How far can you throw from a standing position?
- Throw/Catch
How many times can you throw the ball above your head and catch in the specified

Challenge 5 - Extras

- Speed Bounce. How many can you do in the specified time?
- Crab Walk Shuttle How long does it take you to crab walk x distance?
- Obstacle Relay. Be creative and involve your parents in making up your own obstacle race using items from in and around your house.

