

# Virtual Sports Day Challenge Sheet



<p><b>Tea Bag Toss</b></p> <p>Set up a cup and stand between 1-3 metres away. How many times can you get the teabag in the cup in 30 seconds?</p>	<p><b>Balance Challenge</b></p> <p>Make a circuit around the garden or your house. With 1 minute on the clock, how many times can you complete the circuit with a cushion, book or teddy balanced on your head?</p>	<p><b>Target practice</b></p> <p>Set up some targets at different distances ie washing basket, bucket, basin. Grab a pair of rolled up socks and stand behind the line. See how many targets you can hit in 30 seconds.</p>	<p><b>Bottle Flip Challenge</b></p> <p>Fill a plastic bottle with some water. Throw the bottle up, making sure to flip it and try to land the bottle upright.</p> <p>How many can you land in 30 seconds?</p>	<p><b>Keepie Uppie Challenge</b></p> <p>Count how many keepie uppies you can do with a toilet roll in 30 seconds.</p> <p>If you can't do keepie uppies, count how many you can throw and catch in 30 seconds.</p>
<p><b>Welly Toss</b></p> <p>See how far you can toss a welly. Measure the distance using your feet.</p>	<p><b>Tottie Race</b></p> <p>Make a circuit around the garden or house. With 1 minute on the clock, how many times can you complete the circuit balancing a potato on a spoon?</p>	<p><b>Toilet Roll Race</b></p> <p>Make a circuit around the garden or house. With 1 minute on the clock, how many times can you run round it with a toilet roll between your knees?</p>	<p><b>Water Challenge</b></p> <p>Make a circuit around the garden. With a plastic cup full of water, how many times can you run round it in 1 minute?</p>	<p><b>Get Dressed Challenge</b></p> <p>How many pieces of clothing can you put on in 30 seconds?</p>
<p><b>Pass-ta pasta</b></p> <p>Grab 2 plates and place some dry pasta on one. Using a straw, pass each pasta piece to the other plate by sucking through the straw.</p> <p>How many can you pass in 30 seconds?</p>	<p><b>Tissue Catch and Snatch</b></p> <p>Find a tissue, and place over your face and lie flat on the ground. Blow the tissue up as high as you can and try catch it.</p> <p>How many can you catch in 30 seconds?</p>	<p><b>Figure of 8</b></p> <p>Grab a ball or pair of socks. Stand shoulder width apart, move the ball in and out your legs in a figure of 8 motion.</p> <p>How many can you complete in 30 seconds?</p>	<p style="text-align: center;"><b>BONUS P7 CHALLENGE</b></p> <div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;"><b>Ball &amp; Bottle Challenge</b></p> <p>Fill a plastic bottle with some water. Balance the bottle on top of a ball, kick the ball away and try to flip the bottle and land it upright. How many can you land in 30 seconds?</p> </div> <p style="text-align: center;"><b>BONUS P7 CHALLENGE</b></p>	