

# Virtual Sports Day June 2020



## Sports Day Activity Grid

<p><b><u>Teabag Challenge</u></b> Throw a teabag into a mug from a 1-3 metre distance. How many times can you do this in a minute?</p>	<p><b><u>Speed Bounce</u></b> Roll up a towel and jump sideways over it with both feet together. How many times can you do this in a minute?</p>	<p><b><u>Target Throwing</u></b> Roll a pair of socks together and throw them into a pot. How many can you throw into the pot in a minute?</p>
<p><b><u>Sack Race</u></b> Use a bin bag or old pillowcase. How many laps of your garden can you do?</p>	<p><b><u>Relay Runs</u></b> How many times can you run up and down your garden in a minute?</p>	<p><b><u>Keepie Uppys</u></b> Use a ball or toilet roll. How many keepie uppys can you do in a minute?</p>
<p><b><u>Burpees/Star Jumps</u></b> Choose to do either burpees or star jumps. How many burpees or star jumps can you do in a minute?</p>	<p><b><u>Goal Scoring</u></b> Use a ball to score goals in your garden. How many goals can you score in a minute?</p>	<p><b><u>Egg and Spoon Race</u></b> How many times can you walk up and down your garden in a minute balancing an egg (or another object) on a spoon?</p>

### Instructions:

- Choose **5** activities from the grid above but feel free to do them all if you wish.
- The more activities you complete the more points you score for your class!

### Scoring:

- Keep a total of how many of each activity you manage to complete in a minute.
- Record your scores on the scorecard below
- Email the scorecard to your class teacher with any photos or videos of you completing the tasks.

### Challenge:

- Create an obstacle course for you and your family and email it to your class teacher.
- There will be extra points awarded for the most challenging and creative!

Remember to create your own medals and certificates!