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| **Whitehirst Park Virtual Sports Day Activity Grid** | | | |
| **Sports Challenges** | | | |
| **Long Jump**  Mark a line on the ground with chalk or tape. Stand on the line and jump as far as you can. | **Speed Bounce**  Roll a towel and jump sideways over it with both feet together. Count how many you can do in 30 seconds. | **Tea Bag Challenge**  Set up a mug and stand between 1-3 metres from it. How many times does it take for the tea bag to land in the mug? | **Keepie Uppy Challenge**  How many keepie uppies can you do? Use a ball or a toilet roll. |
| **Egg and Spoon Race**  Have an egg and spoon race in your living room or garden. | **Plank Challenge**  How long can you hold a plank for? | **Burpee Challenge**  How many burpees can you do in a minute? | **Target**  Use three different sized pots and place them at different distances. Try and throw a pair of socks or small ball into the pots |
| **Human Pyramid**  Create a human pyramid with everyone in your house! | **Sack Race**  Have a pillow case/bin bag race around your living room or garden. | **Captain Tom Moore Challenge**  Complete 100 laps of your garden/living room. How long does it take you to complete the challenge. | **Ultimate Challenge**  Create an obstacle course for you and your family! Extra points for the most challenging/creative course. |
| **Sports Challenges** | | | |
| Complete as many of the sports challenges as you can! To earn points for your class upload videos of you completing the challenges to Teams or email it to your teacher. You could also upload your videos to Twitter using the hashtag #WPPSSPORTS to show off your efforts.  We are looking forward to seeing all of your attempts. | | | |