



Ladywell Primary Virtual Sports Week



	Tuesday 16 th June	Wednesday 17 th June	Thursday 18 th June	Friday 19 th June	Monday 22 nd June
Daily race (over 10 metres)	Flat race	Veg and spoon	Hopscotch	Run with a ball (beanbag or cuddly toy) between your legs	Active Schools Virtual Sports Day
Daily challenge (how many times in 1 minute)	Star jumps	Speed bounce sideways over a line (mark a line with chalk, string, a cuddly toy, cushion, etc)	Throw a ball/cuddly toy in the air and catch	Press ups	

- Daily race - complete this over 10 metres. This could be to the end of your garden and back if it's 5 metres, up and down your path 5 times if it's 2 metres or even round a room in your home. Pick somewhere safe and ask someone to time you.
- Daily challenge - ask someone to time you and count how many times you complete the action in 1 minute.
- Email gcarton@ladywell.n-lanark.sch.uk both results along with your name, stage (P1,P2 etc) and house (Avon A-G surnames, Calder H-M surnames, Clyde N-Z surnames). Please include the day of the challenge to help us allocate the house points. We'll announce the winning house for each day on Monday 22nd June. Try as many or as few of the daily activities as you want.
- Details to follow on the Active Schools Virtual Sports Day.