



## Ladywell Primary Virtual Sports Week

|   | Tuesday 16 <sup>th</sup><br>June | Wednesday<br>17 <sup>th</sup> June   | Thursday 18 <sup>th</sup><br>June            | Friday<br>19 <sup>th</sup> June                           | Monday<br>22 <sup>nd</sup> June   |
|---|----------------------------------|--|--|---|-----------------------------------|
| <b>Daily race (over 10 metres)</b>                  | Flat race                        | Veg and spoon  | Hopscotch                                    | Run with a ball (beanbag or cuddly toy) between your legs | Active Schools Virtual Sports Day |
| <b>Daily challenge (how many times in 1 minute)</b> | 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](mailto: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 22<sup>nd</sup> June. Try as many or as few of the daily activities as you want.
- Details to follow on the Active Schools Virtual Sports Day.