



# Ladywell Primary Virtual Sports Week

	Tuesday 16 <sup>th</sup> June	Wednesday 17 <sup>th</sup> June	Thursday 18 <sup>th</sup> June	Friday 19 <sup>th</sup> June	Monday 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	<b>Active Schools Virtual Sports Day</b>
<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.