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| Have a pillowcase sackrace. Make a circuit around the garden and see how fast you can make it round. | Have a toilet roll race. Make a circuit around the garden and time how long it takes you to get around it holding a toilet roll in between your knees. | Have a cushion race.  Make a circuit and time how long it takes you to get around it with a cushion on your head. | Keepy Uppy Challenge – how many can you do with a toilet roll? |
| Shot Put  Using a toilet roll, see how far you can throw it. Measure the distance using your feet. | Target Practice  Set up 5 bottles and stand 5 metres back. Using a ball, see how many you can knock over in one throw. | Egg and Spoon Race  Make an obstacle course and try to make it around without dropping your egg from the spoon. | Wellie Toss  See how far you can toss a wellie. Measure the distance using your feet. |
| Plank Challenge  Time how long you can hold a plank for. Repeat this a few times to see if you can improve your time. | Burpee Challenge  How many burpees can you do in a minute? | Tea Bag Challenge  Set up a tea cup and stand 2 metres away from it. How many throws does it take to get a tea bag in the cup? | Water Challenge  Using one of your obstacle courses and with a full cup of water, run around the course. How quickly can you do it without spilling any water? |
| Star Jumps Challenge  How many star jumps can you do in a minute? | Press Up Challenge  Time how long it takes you to complete 25 press ups! Can you do all 25 on your toes? | Hopping Race  Make an obstacle course and try to make it around hopping on one foot only. | Hula Hoop Challenge  How long can you hula hoop for? |

Virtual Sports Day Active Grid

