Every year in school we look forward to sports day, a day where we can enjoy the fresh air, be active and take part in lots of fun activities, there is even a chance for the parents to take part too. This year it is a little bit different, but we would still love you to have some fun, you can take part in as many or as little activities as you like and if you don’t have an outdoor space you could do some of them indoor! We would love to see your videos or pictures from you taking part over the course of the week. You can post them on your Teams space, Seesaw or on Twitter @BoghallPSch

Some of these activities aren’t normally part of our sports day so to help you out some of the staff made a video showing you how to complete them Have a look at the Sway which goes along with this grid!

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| **Sack Race**  Make a circuit around the garden and time how quickly you can race around. You could use a pillowcase, and black bin liner or even a bag for life! | **Toilet Roll Race**  Make a circuit around the garden or house and time how quickly you can run around it with a toilet roll between your legs. | **Balance Race**  Make a circuit around the garden and time how quickly you can run around it with something balanced on your head. You could use a cushion, a bag of crisps or pasta or even a book. | [**Keepie Uppies Challenge**](https://www.youtube.com/watch?v=FPlirPKDbXs)  How many Keepie Uppies can you do with a toilet roll or a football?  How many in 1 minute/2 minutes/5 minutes? |
| **Shot Put**  Using a toilet roll, a ball, or anything else you can find around the house. See how far you can throw it.  You could even set a target for how far you would like to throw it and make it further away every time!  Measure the distance using your feet or a measuring tape. | **Target Practice**  Set up three empty bottles about 3/5 metres from you. Using a ball (or a toilet roll) try to bowl the bottles over. How quickly can you get all three?  To challenge yourself further, set up some buckets or basin and see if you can throw your ball or toilet roll in the bucket! | **Tattie and Spoon Race**  Make a circuit around the garden and time how quickly you can race around without dropping the tattie off your spoon.  If you don’t have a tattie don’t worry, you could use a piece of fruit or a small ball. | **Skipping**  How many skips can you do in 2 minutes?  Can you challenge somebody to beat their score? Can you skip for longer than 2 minutes without stopping? |
| **Plank Challenge**  Time how long you can hold a plank for.  Challenge yourself you plank for 1 minute then increase the time to see if you can beat it! | **Burpee Challenge**  Can you do a burpee? How many can you do in one minute? | [**Tea Bag Challenge**](https://www.youtube.com/watch?v=dOGptw_-PDY)  Set up a tea cup and stand between 1-3 metres from it. How many times does it take for the tea bag to land in the tea cup? | **The Cup Challenge**  Make a circuit around the garden and with a full cup of water, run around the course. How quickly can you do it without spilling any water? |

**Ultimate Challenge**

With your parent’s permission, design an obstacle course. Once you have designed your obstacle course, record yourself (and any members of your family) completing it. See if you can beat your time. Make sure you send the video of your course to us, awards will be given for the most challenging, the most creative and the longest course.