**Falla Hill Primary School  
Virtual Sports Day   
Wednesday 10th June 2020**

**Please make sure you complete the form below and return to Mrs Doohan via the school email,** [**wlfallahill-ps@westlothian.org.uk**](mailto:wlfallahill-ps@westlothian.org.uk) **FAO Mrs Doohan –by 17th June. Any results received after this time will NOT be counted.**

For your scores to count you must ensure ALL personal details are complete below;

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** |  | **Class** |  | **House** |  |

**Using the information document that explains how to do each activity complete the set number of activities for your stage group below. There are 15 activities to choose from so remember choose wisely. If you do more that’s ok but only your top number of scores for each stage group will count!**

**Make sure you are recording your score correctly.**

P1 – 4 activities

P2 – 6 activities

P3 – 6 activities

P4 – 8 activities

P5 – 8 activities

P6 – 10 activities

P7 – 10 activities

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity** | **Skipping (1 min)** | **Toe Touches**  **(30 sec)** | **Wall throw**  **(30 sec)** | **Speed Bounce**  **(20 sec)** | **Standing Long Jump** | **Target Throw**  **/10** | **Jumping Jacks**  **(30 sec)** | **Dribbling – Foot**  **(1 min)** | **Dribbling – hand**  **(1 min)** | **Throw & Catch**  **(30 sec)** | **Racket hits**  **(30 sec)** | **Shooting**  **(1 min)** | **Shuttle Run**  **(5m x 20)** | **Chest push** | **Egg & Spoon**  **(5m x 5)** |
| **Your Score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |