

## Primary 5 Sports Day

Welcome to our Virtual Sports Day!

All the information for each activity is below along with a table for you to note down your scores. You can complete independently or get your family involved too!

The instructions are there as a guide. Do not worry if you do not have the equipment. You can adapt activities where necessary e.g. using rolled up socks instead of a ball, or jumping over a stick/bag if you don't have skipping ropes.

### **FOR YOUR SAFETY:**

Please make sure that you are wearing clothes suitable for PE activities and that you have enough space around you to perform your activity.

Keep a note of your scores here:

<b>Activity</b>	<b>Score</b>
Skipping (1 min)	
Welly toss (metres or cm)	
Wall throw (1 min)	
Speed bounce (30 seconds)	
Standing long jump (metres or cm)	
Target throw (out of 10)	
Jumping jacks (30 seconds)	
Dribble – foot (1 min)	
Dribble – hand (1 min)	
Throw and catch (1 min)	
Racket hit (30 seconds)	
Fill the bucket (30 seconds)	
Shuttle run	
Three legged race	
Egg and spoon	

## 1. SKIPPING

### Equipment Needed:

Skipping rope  
Timer/stopwatch



### What you need to do;

You are going to skip non-stop for **1 minute** counting how many skips you do. Give yourself plenty of space to skip. Keep going and don't stop – Stamina and rhythm is key! Maybe even play some music to keep you going!

## 2. WELLY TOSS

### Equipment Needed:

A welly  
Measuring tape  
Marker  
Space



### What you need to do:

You are going to see how far you can throw the welly.

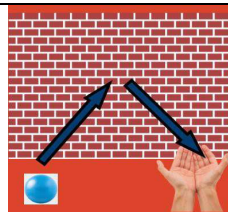
Make sure you have enough space to do this activity!

Put down your marker. Throw the welly as far as you can. Measure how far you have managed to throw.

## 3. WALL THROW

### Equipment Needed:

Ball that you can bounce against a wall  
Clear wall and space  
Timer/stopwatch



### What you need to do;

You are going to see how many passes against the wall you can do in **1 minute**. Stand facing the wall; take 3 paces backwards away from the wall. When the timer starts throw and catch the ball against the wall as quickly as you can keeping a count for every **successful catch** against the wall.

If you drop the ball that's ok - keep going!

#### 4. SPEED BOUNCE

**Equipment Needed:**

Hurdle or towel or books

Timer/stopwatch

**What you need to do;**

How many times can you jump over the towel/books/hurdle in 30 secs. Use the video resource below to show you how to set this up correctly and safely,

Video Resource; <https://youtu.be/jB1NWHOqpTA>

#### 5. STANDING LONG JUMP

**Equipment Needed:**

Space

Marker to jump from Clear landing spot

Measuring tape

**What you need to do;**

How far can you jump? Using the link below to show you how to set this up. See how far you can jump from a standing position.

Remember to use your arms to help you jump and measure from the start point to the back of your heel where you first land.

Video resource: <https://youtu.be/tf7YG9xwscA>

#### 6. TARGET THROW

**Equipment Needed:**

Space

Basket or tub to throw into

10 balls, beanbags or rolled up socks

**What you need to do;**

You are going to see how many balls/socks you can get into the target. Place your tub/bin/washing basket 3 or 5 meters away from your start point

How many can you get in without missing?

## 7. JUMPING JACKS

### Equipment Needed:

Space Timer/stopwatch



### What you need to do;

You are going to complete a full jumping jack non-stop for **30 secs** counting how many you do.

In a space starting with your feet together see how many jumping jacks you can do in 30 secs make sure you move your arms and legs out and back in to count as **ONE**.

## 8. DRIBBLING - FOOT

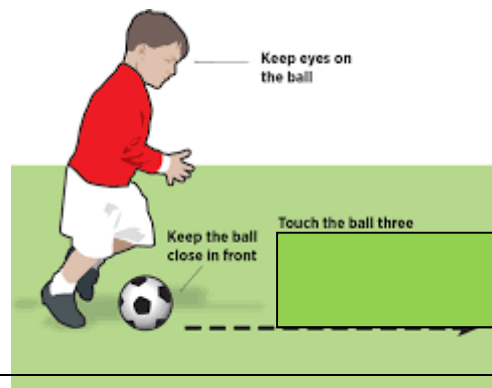
### Equipment Needed:

Football or general ball large enough to dribble with your foot

If you don't have a ball you could use a rolled up pair of socks

2 markers

Timer/stopwatch



### What you need to do;

You are going to be dribbling the ball/socks with your **feet** from the start point, round a marker and back to the start to count as **ONE**.

How many times can you do this in **1 minute**?

Start: Obstacles set up > > >5m Marker

## 9. DRIBBLING – HAND

### Equipment Needed:

Basketball or general ball large enough to dribble with your hand that bounces.

2 markers

Timer/stopwatch



### What you need to do;

You are going to be dribbling the ball with your **hand** from the start point, round a marker and back to the start to count as **ONE**

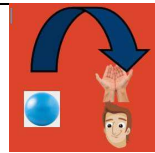
How many times can you do this in **1 minute**?

## 10. THROW AND CATCH

### Equipment Needed:

Small ball or a pair of socks

Timer/stopwatch



### What you need to do;

You are going to throw and catch the ball/sock non-stop **above your head** for **1 minute** counting how many you successfully catch. How many can you do?

Make sure you have plenty of space around you.

Throw the ball/sock up above your head (not too high) and catch.

A successful catch counts as one.

If you drop it don't worry just pick up and carry on.

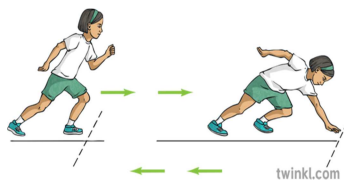


### 13. SHUTTLE RUN

**Equipment Needed:** Markers

Measuring tape

Timer/stopwatch



**What you need to do;**

How fast can you run a 5m distance 20 times? Use the link below to show you how to set this up. You will need your Speed and agility when working on this task!

Video resource: [https://youtu.be/\\_JlpNSOp8x8](https://youtu.be/_JlpNSOp8x8)

### 14. THREE LEGGED RACE

**Equipment Needed:**

A partner Markers

Measuring tape

Timer/stopwatch

Something to tie round your legs



**What you need to do;**

How fast can you run a 5m distance 10 times? For this activity you will need a partner! Mark out a 5m course with your markers.

Ask an adult to help you find something suitable to tie your leg to a partner's leg.

Time how long it takes you to walk/run between your markers 10 times.

### 15. EGG & SPOON

**Equipment Needed:** Markers

Spoon

Boiled egg or small ball or pair of rolled up socks

Timer/stopwatch



**What you need to do;**

You are going to balance the egg on the spoon from the start point, round a marker and back to the start to count as **ONE**.

How many times can you do this in **1 minute** without dropping the egg?

**Place a marker 5m away from your starting point.**