

Linlithgow Bridge Primary & Nursery At Home Sports Day! 2020

Welcome everyone to our At Home Sports Day. We hope that you enjoy taking part in the different activities and whilst we may be away from each other we are coming together as a School and in our Olympic Hero Teams. Our Nursery children will be taking part in their activities and earning points for their Olympic Hero Teams too.

Our aim is to get everyone active on **Wednesday 17 and Thursday 18 June** with staff and sports leaders cheering you on through Teams, Blogs and Email.

In the following grid sheets there are 12 activities.

Nursery Children please choose and aim to complete 4 activities.

P1, 2 children please choose and aim to complete 6 activities.

P3-7 please choose and aim to complete 8 activities.

Please click onto this link [Score Sheet](#) to record and submit your Sports day Activity. We are aware that weather and time may play a factor in getting this completed so could you submit all scores and any photo/video evidence by **Friday 22 June**.

You will earn 10 points for each of your chosen activities. There will be a set 10 points given for other family members taking part! There will be a set 10 points given for photo or video

evidence. The Hot & Spicy  is for extra challenge or Nursery can create your own for an extra 5 points.

For Nursery, Primary 1, 2 please email photos to the school office - wllinlithgowbridge-ps@westlothian.org.uk For P 3- 7 please upload photos onto PE teams and into your Olympic Hero Team channel.

Please make sure that you are taking care performing any of the activities for Sports Day, wearing clothing that is suitable for PE Activities, your laces are tied, you are being helped or supervised and you have checked about using equipment. I hope you have fun. We cannot wait to see all you get up to! Mrs Bell

Activity 1 – Skipping

Equipment : skipping rope, timer



Can you skip for 1 minute?

Don't rush; find a steady rhythm, playing music helps. Don't worry if you get tangled; try again until the end of the minute!



Hot & Spicy - Can you try crossing your arms while skipping?

Activity 2 – Wall throw

Equipment : ball, wall, timer



How many bounce throw & catches off the wall can you do in 1 minute?

If you drop the ball, that's okay –keep going!



Can you clap or touch your head before catching the ball?

Activity 3 – Water cup challenge

Equipment : plastic cup with water, 2 markers ie plant pots, chalk crosses, timer

Place your markers with 4 long strides/paces between each other. Fill your cup with water.

In 1 minute how many times can you travel around your markers, with water left in your cup at the end of the minute! There and back counts as one.



Without spilling any water!

Activity 4 – Target throw

Equipment: basket, marker, ball or, balled socks, helper, timer



Place your basket and walk -
P1-3 ,3 long strides away then place a marker
P4-7, 5 long strides away then place a marker

In 1 minute how many times can you throw your ball or socks into the basket?

Your helper will time and throw the socks/ball back to you.



Take another stride away

Activity 5 – Star jumps

Equipment : timer, upbeat music



In 30 seconds how many star jumps can you do?
Make sure you move your arms and legs out into a star and back together to count as 1.



For half the minute can you perform Burpees?

Activity 6 – Racket Keepie ups

Equipment: bat or racket, ball, balled socks or balloon.



How many keepie ups can do with the ball and racket non-stop for 30 sec.



Start with the ball on your racket/hand and every time you manage to bump the ball up in the air and catch on your racket, count as one.


If you drop the ball, It's okay, pick it up and keep going!







Can you turn your racket over as you catch and bump the ball up?



Activity 7 – Astronaut Moon Jump or Standing long jump
 Equipment: best on grassy area, measuring tape, marker
 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>

Activity 8 – Under & Over Family Challenge
 Equipment : something fun to pass like a toilet roll or teddy 
 Stand with members of your family one behind the other. The first person in line passes fun item over head to person behind, who passes it through their legs .Keep passing over & under till lasts person receives item and runs to the front and to begin again! Stop when person who started game arrives back at the front.
 If each person is given 3 seconds can you complete the activity in the time allocated. Eg. 4 people x 3 seconds x 4 changeovers = 48 secs

Activity 9 – High Knees
 Equipment: timer
 Can you run on spot with high knees for :
 Nursery – 15 seconds
 P1,2 - 20 seconds
 P3,4 - 25 seconds
 P5-7 - 30 seconds

 Hot & Sweaty! 35 seconds +

Activity 10 – Footie Dribble
 Equipment: 2 markers, ball ,timer 
 How many times can you dribble the ball with your feet from the start point, round a marker and back to the start to count as one? You have 1 minute!
 Nursery make 2 long strides between your markers.
 P1- 3 make 3 long strides between your markers
 P4- 7 make 5 long strides between your markers
 Place two more markers in between the starting and ending marker.

Activity 11 – Tattie & Spoon 
 Equipment: A tattie, spoon, markers, timer
 Place your markers with 4 long strides/paces between each other.
 Can you balance the tattie 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 tattie?
 Include an obstacle that you have to travel over or under.

Activity 12 – Strike a Pose
 Equipment: timer
 Can you strike a pose which represents your team Olympic Hero and hold a balance for 5 seconds?
 Keep your eyes on something not moving to help you keep stable.

 Pose, Balance then go into Action!