



Virtual sports week!



Welcome to our virtual sports day! You can take part in as many of these challenges as you like. You have until Thursday to earn your points! All you need to do to enter is to complete sheet attached (either printed or use as a template), take a photo of your results sheet and email them to your class teacher with the subject "sports day!"

Good Luck!

Speed bounce

Make a line on the floor and see how many times you can jump over in 2 minutes!

1 point for every 5 jumps

Keep ups

How many keep ups can you do with a ball in one go?

1 point every keep up

Distance run

How far can you run in one go?

1 point for every 100m

Spell your name

Each letter has an exercise attached to it, can you spell your name in under 15 minutes?

2 points for every letter completed

Stair challenge

How many times can you walk up and down your stairs in one go?

1 point for every repetition (up and back down = 1)

Hot potato

How many times can you throw and catch a potato in 2 minutes?

1 point for every 5 catches

Sock toss

Throw a pair of sock above your head and catch it. How many can you do in 2 minutes?

1 point for every 5 catches

Book balance

How long can you walk around with a book balanced on your head?

1 point for every second that you balance

Plank

Hold a plank for as long as you can.

1 point for every second held

Handstand hold

(only for confident gymnasts!)

Hold a handstand for as long as you can

1 point for every second held