

## **Home School Sports Day 2020**

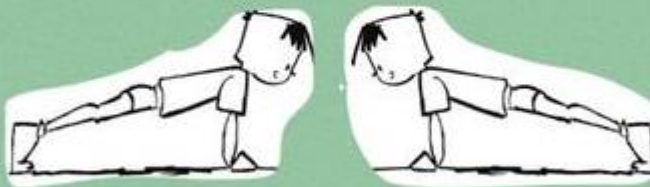
Have a go at some of these activities. Why not make it into a competition with your family, or repeat on different days to try and improve your own score.



**PLANK PARTNER PERFECTION!**

**MAKE A FRONT SUPPORT OPPOSITE  
YOUR PARTNER.**

**WHEN YOU ARE BOTH READY SAY GO.**



**HOW MANY HIGH FIVES CAN YOU DO IN  
ONE MINUTE?**

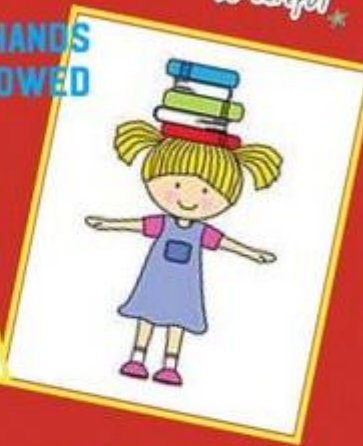
# BOOK BALANCING

be careful



NO HANDS  
ALLOWED

be careful



STAY  
HOME

1 - HOW FAR CAN YOU WALK  
WITHOUT THE BOOK FALLING  
OFF YOUR HEAD?



2 - HOW LONG CAN YOU STAND ON  
ONE LEG WITHOUT THE BOOK  
FALLING OFF?

PIC-COLLAGE



HOW MANY  
BUNNY  
HOPS CAN  
YOU DO IN  
A MINUTE?

START AND FINISH EACH  
JUMP WITH YOUR HANDS  
AND FEET ON THE FLOOR.

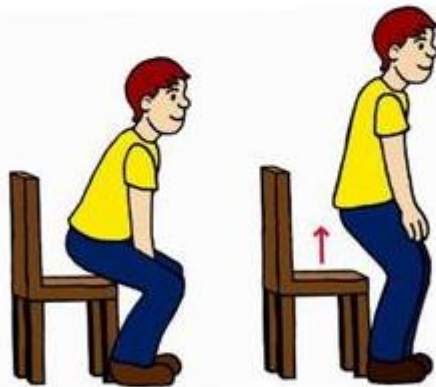
HOW FAR  
CAN YOU  
TRAVEL  
WITH 5  
BUNNY  
HOPS?

PIC•COLLAGE

**YOU NEED A CHAIR.**

**YOU NEED A STOP WATCH.**

**COUNT HOW MANY TIMES YOU CAN SIT DOWN  
THEN STAND UP IN ONE MINUTE.**



**YOU CAN  
DO THIS IF  
YOU HAVE  
STRONG  
LEGS.**

**BRONZE LEVEL = 30 OR MORE**

**SILVER LEVEL = 50 OR MORE**

**GOLD LEVEL = 60 OR MORE**

**PIC•COLLAGE**

**How long can you hold a plank for?**



**Keep your body straight like a plank and hold still for as long as you can.**

PIC-COLLAGE





## Not quite an egg & spoon race

Ask your adult what you can use. It could be an apple, potato or anything else round.

How many laps of your garden or living room can you do in a minute without dropping your egg?



PIC•COLLAGE





# SKIPPING CHALLENGE



HOW MANY SKIPS  
CAN YOU DO BEFORE  
YOU STOP?

PIC-COLLAGE

How far can you jump?



*Start with your feet together*

*Jump forward keeping your feet together*

*How far did you jump?*

PIC•COLLAGE



**How many times can  
you bounce a ball on a  
tennis racket before it  
falls off?**



**You can always use a frying  
pan and socks in a ball**

# THROW & CLAP



HOW MANY  
TIMES CAN  
YOU CLAP  
BETWEEN  
THROWING  
A BALL IN  
THE AIR  
AND  
CATCHING  
IT AGAIN?

YOU CAN USE A PAIR OF SOCKS  
IF YOU DON'T HAVE A BALL.