



## KS1 Virtual Sports Day

You could do these at home in the garden, inside, or at the park.  
You could choose your favorite one, or give them all a go to get maximum points.

All scores are points for your house. The scores will be added up and the house with the most points will be the winner this year.

### Star jumps

How many star jumps can you do in 30 seconds  
(touch the floor and then jump up like a star counts as 1)

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### Egg and Spoon

How many times can you get from marker to marker without  
dropping your egg? (A to B counts as one) in one minute?  
Use a spoon and any object that you can balance on it.

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### Standing Long Jump

Put down some markers at 0.5m, 1.0m and 1.5m

How far can you jump on two feet?

5 points for 0.5m

10 points for 1.0m

15 points for 1.5m

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### Throwing Underarm

Throw a beanbag or rolled up sock into hoops or containers

1 point for the nearest one, 2 points for the middle one and

3 points for furthest one. How many points can you get in

one minute?

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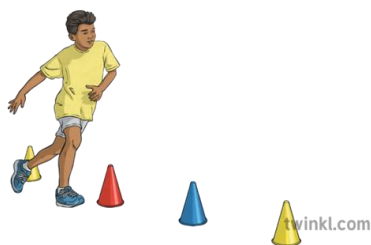


### Running

Run in and out of a line of markers.

How many can you do in 30 seconds?

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Catching

Throw a ball, or rolled up sock up into the air and catch.  
Start with a little throw up and see how high you can get.  
How many can you do in 30 seconds? -----



Name; -----

Class; -----

House; -----

The houses are; Gryphon (yellow), Phoenix (red), Pegasus (blue) and Dragon (green).

Do as much practice as you like then send me your scores by 16<sup>th</sup> June 2020.

Most of all have fun.

See you all soon

Miss Scott

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