



## KS2 Virtual Sports Day

We won't be able to all get together this year for Sports Day but I have come up with a fun way to do it anyway.

There are 6 challenges that you can do without cones, hurdles and all those things out of the PE cupboard. You can use jumpers and newspapers or anything else that you have at home.

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.

### 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

Add up your best 3 jumps

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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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Skipping with a rope

How many skips can you do in a minute?

Start with the rope behind you. Flip it over your head and step  
or jump over it.

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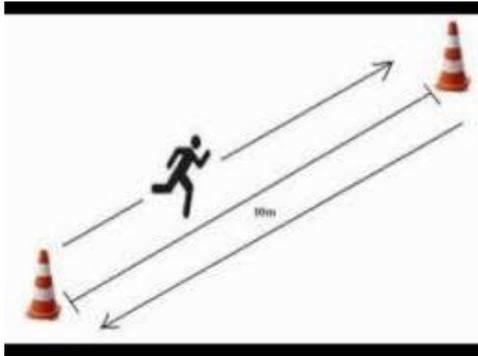
Shuttle runs

Put down two markers 10 big steps apart.

How many can you do in a minute?

Running from A to B is 1 point.

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Continuous running

Can you run around your garden or the park for 5 minutes without stopping?

Think about using your arms, head up and PACE.

Each separate 5 minute run that you do earns 5 points.

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Ball at wall

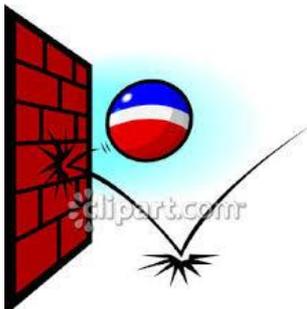
Throw a ball at a wall and catch it.

You can let it bounce.

How many can you do in a minute?

Try standing on one leg.

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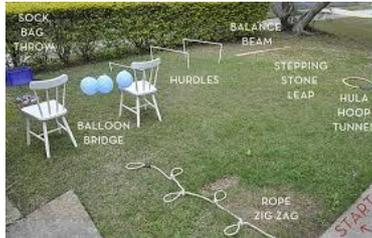




Challenge



For an extra 30 points – Can you build an obstacle course, either inside or outside, and send me a video of you then going over it?



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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