As this current school year is a little strange we are unable to have our normal sports day. We would love the children to take part in some form of sports day activities for a bit of fun.

|  |  |
| --- | --- |
| **Venue:** | Your own back garden or suitable safe space.  |
| **Equipment/clothing:**  | Comfortable clothes to run in – Good pair of running/trainers shoes if the weather is warm, please use sunscreen and wear a hat. |
| **Results:** Please send the completed results You can also share photos on the Class Dojo Page.  |
| **Running Cartoon png download - 800*800 - Free Transparent Momentum ...60m Sprint:** * Children run 10 X 6m shuttles as they can
* Record time, up to hundredths of a second (as displayed on the stopwatch)
 |
| **3 X Jumps:*** Children complete 3 consecutive two-footed long jumps.
* They jump from the start line, land, lump, land, jump and land again to complete 3 jumps.
* Record the distance jumped from the start line to where they finish their 3 jumps.
* Make sure you bend your knees to take off and land.
 |
| **Skipping Race:*** Children skip for 1 minute and record the number of skips completed on the scoresheet.
 |
| **Target Throws:*** Mark out a distance of 10 heel/toes from a starting line.
* Place an object/target at the end of the 10 heel/toes such as a bucket, flowerpot, cushion, etc.
* Children use either a tennis ball or a pair of rolled up socks to aim for their object/target.
* 1 point is awarded if they land on/in their object/target – have 2 throws at this distance.
* Children then move their object/target 15 heel/toes away from the start line.
* They have 2 throws again and get 5 points each time they reach the object/target.
* Repeat again at distance of 20 heel/toes – 10 points awarded this time.
* Total all 6 scores and record on the scoresheet.
 |
|  **Egg and Spoon Race:*** Children run 15m whilst carrying a hard-boiled egg on a spoon. Mark out a 5m line and run up, back and up again to complete the 15m.
* If an egg is not available use a tennis ball, a rolled up sock etc.
* DO NOT hold on to your egg whilst running!!
* If the egg is dropped, pick it up and place it back on the spoon before continuing to run.
* Record the time taken to run the distance and record on the scoresheet.
 |
| **Paper Aeroplane Launch:*** Make a paper aeroplane using a sheet of A4 paper (Please see instructions.)
* Children stand side on and throw their aeroplane as far as they can, using a shoulder/javelin throw.
* Measure the distance where the aeroplane lands – using where it first touches the ground and not where if finally ends up.
* Record on the scoresheet.
 |

**Virtual sports day**

|  |  |  |
| --- | --- | --- |
| **60m sprint** | Time Taken: |  |
| **3 x Standing Jump** | Distance Jumped: |  |
| **Skipping Race** | Number of Skips: |  |
| **Target Throws** | Points Scored: |  |
| **Egg & Spoon Race** | Time Taken: |  |
| **Paper Aeroplane Launch** | Distance Thrown: |  |

**Results sheet:**

**Child’s Name:**