

Have a go at some sporty challenges as part of your virtual Sports Day. Here is a selection of activities that we shall be adapting for our own school Sports Day. The aim of the day is to have fun whilst keeping fit and healthy so please enjoy yourself! Keep your classes up to date by posting your Sports Day activities on your class Twitter Page.

6 in a row

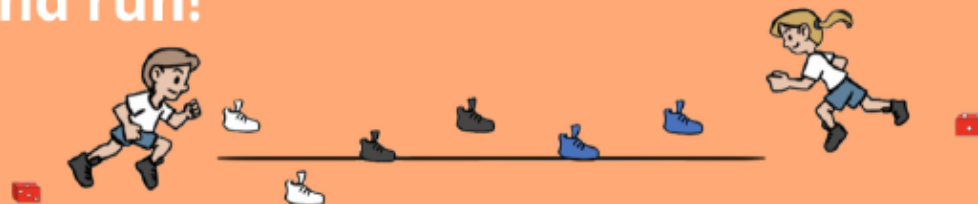


What you need: 6 shoes, two dice, a line marker e.g. dressing gown rope or a line on the floor and two or more players.

How to play:

- Place the 6 shoes in a row on the line.
- The two players begin at opposite ends of the shoes with one dice each.
- The shoes are numbered 1 - 6 from each players end so one players #6 will be their opponents #1 etc.
- Roll the dice and run to the shoe with the corresponding number. Move that shoe to the right side of the line.
- Run back to the dice and roll again.
- The winner is the player to have all 6 shoes on their right of the line, or whomever has the most shoes in 4 minutes.
- Make this easier by playing first to four shoes.

Roll and run!





Cards fitness fun

What you need: Pack of cards

People: 1 or more

How to play:

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack?



7 minute workout

What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



Down from 10, up from 5



Get Set 4 P.E.

What you need: a little space and a lot of perseverance.

How to play:

- Complete 10 burpees, then 5 star jumps.
- Then go down by 1 burpee each time and up by 5 star jumps until you get to 0 burpees and 50 star jumps.
- Round 1: 10 burpees, 5 star jumps
- Round 2: 9 burpees, 10 star jumps
- Round 3: 8 burpees, 15 star jumps
- Round 5: 7 burpees, 20 star jumps
- Round 6: 6 burpees, 25 star jumps
- etc.....



Make this easier by spreading it out throughout the day.





Here are some suggestions to replace your usual track events:

- Shuttle runs- measure out a 10m space in your garden or local park and run it 10 times as quickly as you can. Or time yourself to complete as many shuttles as you can in a certain time.
- Egg and spoon race- Use a wooden spoon and a hard boiled (or playdough) egg. Time yourself or race as a family!
- Obstacle course- use obstacles from your home and garden to create an obstacle course.
- Standing long jump- mark your landing with a cone/ ball/ sock.
- High jump- use cushions to challenge how high you can jump from a standing or running high jump.
- Skipping race- a moving race, skipping as you go!

