

LO: To complete activities for a virtual sports day.

To celebrate National School Sports Week we have compiled some activities you can complete at home for a virtual sports day. Please complete at least 3/4 of the following activities and record your scores on the provided results table. You could even compete against other members of your household.

If an activity requires markers, then everyday household items could be used.

SCORING SYSTEM

The ultimate aim of sports week is to have fun whilst taking part in physical activity. The points system is as follows:
5 points for completing an activity
1 point per catch/circuit/second/length - so make sure you're counting how many of each you do!
An extra 10 points if you complete every activity!
See if you can work out how many points you have scored during the week!

ACTIVITY ---

BOTTLE FLIP

WHAT YOU WILL NEED...

- PLASTIC BOTTLE (ANY SIZE)
- WATER (ANY AMOUNT)
- TIMER

GOOD LUCK EVERYONE!

WHAT TO DO...

1. PUT ANY AMOUNT OF WATER INTO A PLASTIC BOTTLE
2. SET A TIMER TO 1 MINUTES AND RECORD HOW MANY TIMES YOU CAN FLIP THE BOTTLE AND MAKE IT LAND THE RIGHT WAY UP. YOU HAVE ONE MINUTE!!!
3. RECORD YOUR SCORE ON THE RECORDING SHEET!

RULES!

1. YOU CAN USE ANY AMOUNT OF WATER AND HAVE ANY SIZED BOTTLE
2. CAREFULLY COUNT THE FLIPS THAT LAND.
3. FLIP THE BOTTLE WITH ONE HAND ONLY.
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD YOUR SCORE ON THE RECORDING SHEET.

RUN RUN RUN

WHAT YOU WILL NEED...

- 2 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

WHAT TO DO...

1. PLACE A MARKER AT THE START AND ANOTHER MARKER 20 STEPS AWAY. THIS WILL BE YOUR ACTIVITY ZONE.
2. RUN BACK AND FORWARD BETWEEN THE MARKERS AS MANY TIMES AS YOU CAN.
3. CAREFULLY COUNT HOW MANY RUNS YOU CAN DO IN 2 MINUTES! THERE AND BACK COUNTS AS 2.
4. RECORD YOUR SCORE ON THE RECORDING SHEET!

1. YOU SCORE A POINT FROM RUNNING FROM ONE MARKER TO THE OTHER. FOR EXAMPLE, THERE AND BACK WOULD BE 2 POINTS.

2. REMEMBER YOU GET 2 MINUTES.

3. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.

4. RECORD YOUR SCORE ON THE RECORDING SHEET!

SOCK DRIBBLE

WHAT YOU WILL NEED...

- 3 PAIRS OF SOCKS
- 3 OR 5 MARKERS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. ENSURE THE MARKERS ARE 5 FEET APART.
2. ENSURE YOU DRIBBLE IN AND OUT OF EACH MARKER.
3. CAREFULLY COUNT HOW MANY FULL CIRCUITS YOU COMPLETE.
4. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. IN YOUR LIVING ROOM OR ON A FLAT SURFACE SOMEWHERE IN YOUR HOUSE, PLACE DOWN 5 MARKERS (MUGS, PAPER, TEDDIES ETC) FOR KS2 OR 3 MARKERS FOR KS1 AND RECEPTION THAT ARE 5 STEPS APART.
2. SCRUNCH UP 3 PAIRS OF SOCKS TO CREATE A BALL.
3. DRIBBLE THE BALL OF SOCKS IN AND OUT OF THE MARKERS AS MANY TIMES AS YOU CAN IN 2 MINUTES.
4. EACH TIME THERE AND BACK THROUGH THE MARKERS COUNTS AS 2 POINTS
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

ACTIVITY ...

SPEED BOUNCE

WHAT YOU WILL NEED...

- A STICK
- A TIMER
- A SAFE SPACE!

GOOD LUCK EVERYONE!

RULES!

1. JUMP OVER THE POLE OR STICK WHILST IT'S ON THE GROUND.
2. COUNT HOW MANY YOU CAN DO IN 2 MINUTES.
3. SEND PICTURES OR VIDEOS TO YOUR CLASS TEACHER.
4. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. FIND AN OPEN SPACE OUTSIDE.
2. PLACE A THE STICK OR POLE ONTO THE GROUND
3. SET THE TIMER TO 2 MINUTES
4. JUMP FROM ONE SIDE OF THE STICK TO THE OTHER. EACH TIME YOU DO THAT YOU SCORE 1 POINT.
5. COUNT HOW MANY TIMES YOU JUMP OVER THE STICK OR POLE IN 2 MINUTES
5. RECORD YOUR SCORE ON THE RECORDING PAGE!

TOILET ROLL RUN

WHAT YOU WILL NEED...

- 2 MARKERS
- A TOILET ROLL TUBE
- A TIMER

GOOD LUCK EVERYONE!

RULES!

1. SET THE MARKERS UP 20 STEPS APART.

2. COUNT HOW MANY TIMES YOU RUN BACK AND FORTH WITH THE TOILET ROLL TUBE BALANCED ON YOUR HEAD.

3. REMEMBER YOU GET 2 MINUTES TO DO AS MANY AS YOU CAN

4. SEND PICTURES OR VIDEOS TO YOUR CLASS TEACHER.

5. RECORD YOUR SCORE ON THE RECORDING PAGE!

WHAT TO DO...

1. FIND AN OPEN SPACE OUTSIDE
2. PLACE THE FIRST MARKER ONTO THE GROUND AND THEN PACE OUT 20 STEPS AND PLACE THE SECOND MARKER DOWN. THIS IS YOUR ACTIVITY AREA
3. SET THE TIMER TO 2 MINUTE
4. RUN OR WALK BETWEEN THE TWO MARKERS WITH THE TOILET ROLL TUBE BALANCED ON YOUR HEAD
5. IF IT FALLS OFF PUT IT BACK ON AGAIN!
6. THERE AND BACK COUNTS AS 2 POINTS. COUNT HOW MANY YOU CAN DO IN 2 MINUTES.
7. RECORD YOUR SCORE ON THE RECORDING PAGE!

UNDER AND OVER

WHAT YOU WILL NEED...

- 2 CHAIRS
- A POLE OR STICK PLACED ACROSS THE CHAIRS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

WHAT TO DO...

1. PLACE CHAIRS OR ALTERNATIVES NEXT TO EACH OTHER AROUND YOUR HOUSE OR IN YOUR GARDEN.
2. PLACE A STICK, POLE OR AN ALTERNATIVE ONTO THE CHAIRS TO CREATE A HURDLE AND A BRIDGE
3. ORGANISE THIS SO YOU HAVE CREATED A CIRCUIT WHERE YOU CAN GO OVER AND UNDER QUICKLY
4. GOING UNDER AND OVER WILL SCORE YOU 1 POINT. HOW MANY TIMES CAN YOU GO UP AND OVER THROUGHOUT YOUR CIRCUIT IN 2 MINUTES?
5. RECORD THE SCORE ON THE RECORDING PAGE!

1. YOU'LL NEED TO COMPLETE YOUR CIRCUIT AS MANY TIMES AS YOU CAN IN 2 MINUTES.

2. GOING UNDER AND OVER WILL SCORE YOU 1 POINT. HOW MANY CAN YOU DO?

3. YOUR HURDLES NEED TO A REASONABLE SIZE COMPARED TO YOUR BODY HEIGHT.

4. BE QUICK, YOU ARE AGAINST THE CLOCK!

5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.

6. RECORD THE SCORE ON THE RECORDING PAGE!

WALL SIT

WHAT YOU WILL NEED...

- A FLAT WALL
- A TIMER
- STRONG LEGS!!!!

GOOD LUCK EVERYONE!

RULES!

WHAT TO DO...

1. FIND A FLAT WALL INSIDE OR OUTSIDE.
2. PLACE YOUR BACK FLAT AGAINST THE WALL.
3. BEND YOUR KNEES SO THEY ARE AT A RIGHT ANGLE (THIS IS IMPORTANT).
4. YOUR LEGS SHOULD BE STRAIGHT AND LOOK LIKE THE CORNER OF A SQUARE.
5. YOUR FEET SHOULD BE FLAT ON THE FLOOR.
6. HOLD THIS POSITION FOR AS LONG AS YOU CAN. USE A TIMER TO RECORD THIS.
7. YOU SCORE 1 POINT FOR EVERY SECOND YOU HOLD THAT POSITION FOR.
8. RECORD YOUR SCORE ON THE RECORDING PAGE!

1. BACK FLAT AGAINST THE WALL.
2. FEET FLAT ON THE FLOOR.
3. LEGS SHOULD BE BENT AT 90 DEGREES.
4. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER .
5. RECORD YOUR SCORE ON THE RECORDING PAGE

WATER BALLOON CATCH

WHAT YOU WILL NEED...

- WATER BALLOONS OR A WET SPONGE OF ANY SIZE
- SOFT HANDS
- A TIMER

GOOD LUCK EVERYONE!

RULES!

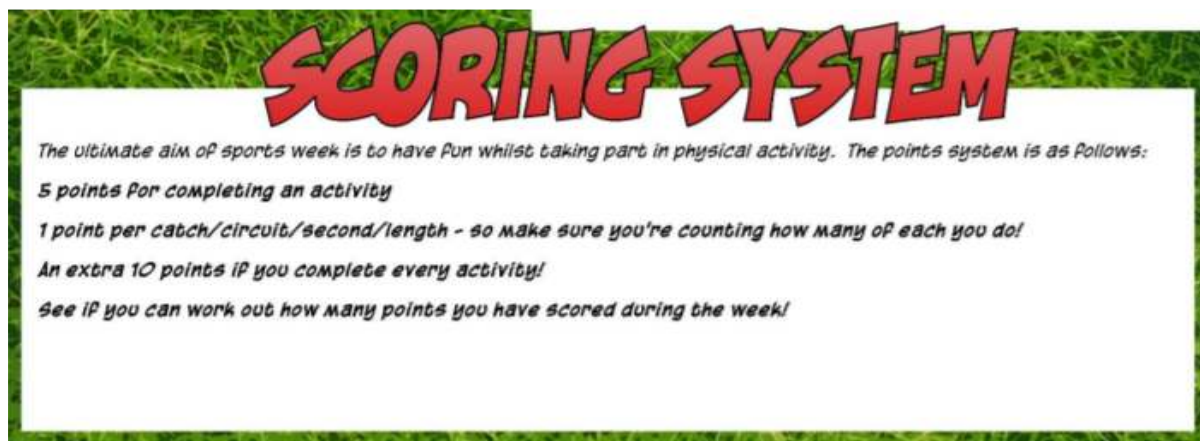
WHAT TO DO...

1. STAND OUTSIDE IN A GOOD SPACE
2. UNDER ARM THROWING THE WATER BALLOON UP AND CATCHING IT. SEE HOW MANY YOU CAN DO IT 2 MINUTES (YOU MAY NEED MORE THAN 1 WATER BALLOON IN CASE IT POPS!)
3. IF YOU DROP IT, PICK IT UP AND CARRY ON THROWING AND CARRY ON COUNTING FROM THE NUMBER YOU WERE ON.
4. YOU SCORE 1 POINT FOR EACH CATCH YOU DO.
5. RECORD YOUR SCORE ON THE RECORDING PAGE.

1. YOU CAN USE WATER BALLOONS OR ANY SIZED WET SPONGE YOU HAVE AT HOME.
2. CAREFULLY COUNT THE NUMBER OF CATCHES YOU MAKE
3. IF YOUR DROP IT OR IT BURSTS YOU CAN CARRY ON FROM WHERE YOU WERE!
4. BE QUICK, YOU ARE AGAINST THE CLOCK!
5. SEND PICTURES OR VIDEOS INTO YOUR CLASS TEACHER.
6. RECORD YOUR SCORE ON THE RECORDING PAGE!

Score record sheet

Activity	Completed	Score/Time/Amount
Bottle flip		Number of flips:
Run run run		Number of lengths:
Sock dribble		Number of circuits:
Speed bounce		Number of bounces:
Toilet roll run		Number of lengths:
Under and over		Number of times:
Wall sit		Seconds:
Water balloon catch		Number of catches:



Total points scored: _____

Don't forget to share your scores (or even photos of you doing the activities) on your class blog on PurpleMash.