Virtual Sports Day\*

We know that a lot of you enjoy sports day and this year will be difficult to have one. Instead we thought you could attempt a VIRTUAL sports day! We have chosen and designed several challenges for you to attempt and join in with. Ask a parent, family member or other person to record what results you finished with and send your results in with your school-house name as well.

1. **Blindfolded balance** – Find a blindfold, put it on so you can’t see anything, choose a leg to stand on and see how long you can balance for by timing yourself.
2. **Standing long jump** – Make a point where you will jump from, jump with two (2) feet, land with two feet and bend your knees when you land. Measure your distance.
3. **Wall squat** – Find a wall, with your back against the wall bend your knees to 90 degrees (a right angle), stay in that position for as long as you can, time yourself and record it.
4. **Sock throw** – Place a saucepan 2metres away from you, mark the point you will be throwing from, you have 10 attempts to get the socks in the saucepan. Count the amount of times you get the socks in and record your total.
5. **Bottle flip** – How many times can you flip a bottle to land in 1 minute? Record your results.
6. **Plank** – Choose from 2 stances. Begin in the push up position with your arms straight or arms bent elbows on the floor with your forearms flat. Lift your body off the floor, keeping it still, try to keep your tummy flat and your bum down. Ask a family member to time you and record your time.
7. **Book balance** – Choose a book that you can balance on your head, see how many laps of your garden/living room you can do without the book falling off.
8. **Sit down, stand up** – Put a chair in an open space. Begin by sitting on the chair and get a member of your family to time 1 minute for you. Count how many times you can stand up fully and then sit back down on the chair.
9. **The ‘clap’** – Grab a ball of your choice (or a pair of balled up socks). Go somewhere with a high ceiling (or maybe outside) and throw your ball/socks in the air. Whilst they are in the air clap as many times as you can whilst counting them. Make sure you catch the ball/socks (otherwise your number can not count). Record your highest amount.
10. **Washing line** – First you or a family member must do some clothes washing. When the washing is completed, you have 30 seconds to hang as many items of clothing as possible on the washing line. Ask a family member to time you. The family member timing you is the judge of whether the clothes are pegged out correctly.