

Tuesday 14th July

Equipment:

- Socks x 2
- Timer
- Bucket/Box/Hoop/saucepan

Welcome to our Virtual Sports Day. Complete the activities below and send your total score to the school office by 5pm. **Each activity lasts just 20 seconds.** Your score will be collated and winning house announced on Friday!

Activity 1: Speed Bounce (1 sock needed)

1. Place a sock down on the ground.
2. Stand at the side of the sock.
3. How many two footed jumps over the sock can you do in 20 seconds?

Scoring: 1 Point for every jump

SCORING: Number of points =

e.g. 25 jumps = 25 points.

Activity 2: Long Jump (2 socks needed)

1. Place two socks down on the ground 50 cm (one step) apart, one in front of each other.
2. Jump – two feet together from sock A to B and back to sock A – then repeat.
3. How many two footed jumps forwards to each sock can you do in 20 seconds?

Scoring: 1 Point for each journey to a sock

Activity 3: Sock Sprint (2 socks needed)

1. Place socks in a line 2m apart (4 steps apart).
2. Start behind the first sock.
3. Sprint up and down from one sock to the other sock for 20 seconds.

Scoring: 1 Point for every run

Scoring: 1 Point = 1 run.

Activity 4: Sock Throw (2 socks and 1 bucket needed)

1. Place one sock (three steps) away from your bucket/box/hoop/saucepan.
2. Stand behind your sock and throw the other rolled up sock into your bucket/basket.
3. Run and collect your sock and repeat again.
4. How many times can you land your sock into the bucket/basket in 20 seconds?