

Virtual Sports Day

Thursday 2nd July

Join us for fun events – all participation will add points to your house team.

When you have completed a task, email your score by 3.30pm on Thursday 2nd July to admin@chittlehampton.devon.sch.uk to have your points added towards your house. Late entries will not be counted.

Equipment:

Stop watch (you will find a stop watch as a phone app),

Bucket

3x sock-balls (fold a pair of socks into each other to form a ball)

Skipping rope

Paperback book

Tape measure.

Activities

- 1) **Skipping** - How many times can you skip over the rope in 2minutes?



- 2) **Running** - Mark a distance of 5m and leave a sock-ball at each end. Time how long it takes you to run between the two sock-balls: 10 times if you are Year 4 or Year 5; 15 times if you are Year 6; 5 times if you are Year 2; 2 times if you are pre-school.

- 3) **Standing jumps** - Stand by one sock-ball with feet together, swing your arms and jump forward landing with both feet together. Measure the distance between the ball of socks and the back of your heels. Repeat three times and send in your longest distance.



- 4) **Target throwing** - Place a bucket on the ground. Standing 5m away if you are Year 6, 4m away if you are Year 5, 3m away if you are Year 4, 2m away if you are Year 2 and 1m away if you are pre-school. Throw the three sock-balls at the bucket. How many balls can you get into the bucket?

- 5) **Distance throwing** - (Can only be done if you have a large space.) How far can you throw the sock balls? Use an overarm throw if you are KS2 and underarm if you are KS1

6) **Step-ups** - Stand at the bottom of a step (such as the step to the front door or a staircase). In one minute (KS1) or 2 minutes (KS2) how many times can you step up so both feet are on the step and then step down so both feet are on the ground again? Up and down counts as one.

7) **Balance a book** - How far can you walk while balancing a paperback book on your head?

8) **Hopping race for KS2** – Hop on one foot only for 10m. How long did it take?



9) **Bunny hops race for KS1** – jump like a bunny rabbit with feet together for 5m. How long did it take you?

10) **Side-jumps (KS2)** - Lay your skipping rope on the floor in a straight line. Standing at the side of your rope with your feet parallel to the rope, jump over your rope and back again with your feet together as many times as you can in one minute. How many times could you side-jump the rope?



11) **Throw-Ups**: Throw your sock-ball up in the air and catch it. (It has to go as high as your head if you are Year 2,3,4,5,or 6.) How many times can you catch it in 2 minutes?

12) **Penalty shoot outs**: For children in school – how many balls can you get past your class teacher!

Score sheet:

Activity	Score	Activity	Score
1	skips	7	cm
2	min	8	secs
3	cm	9	secs
4	balls	10	side-jumps
5	cm	11	catches
6	steps	12	goals