

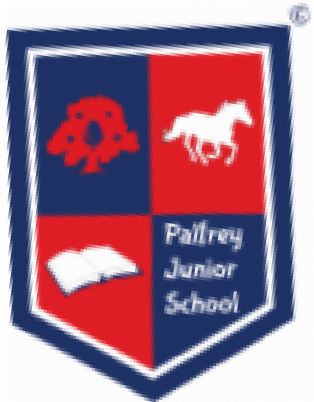
PALFREY JUNIOR SCHOOL VIRTUAL SPORTS DAY



Date: You Decide

Venue: Home

Competitors: Family members



Palfrey Junior school Sports Day Events

Hold a plank

Aim battle of the eyes

Skipping

Sit and stand countless times

Roll back and stand

1-MINUTE KICK UPS

How far can you jump?

WASHING LINE CHALLENGE

Not quite an egg
and spoon race

STORK STAND BALANCE

Speed bounce

2m throw challenge

Bounce a ball

Plank challenge



NOT QUITE AN EGG AND SPOON RACE

- ▶ Ask an adult to boil an egg to use in an egg and spoon race with members of your family.
- ▶ If you don't have eggs, you can use a potato, plum or any round or oval shaped fruit. You might need a slightly bigger serving spoon.
- ▶ If you haven't got a spoon, use your hand as a pretend spoon. No one will know 😊.



Goodbye
Luck!

WASHING LINE CHALLENGE

- ▶ How quickly can you peg 5-clothes on to the washing line?
- ▶ Can you peg 7 clothes?
- ▶ How about 10?



Goodbye
Luck!

1-MINUTE KICK UP CHALLENGE

- ▶ How long does it take you to do 5 kick ups?
- ▶ How many kick ups can you do in 1 minute?
- ▶ Ask your family members to join in. Who has the best score?

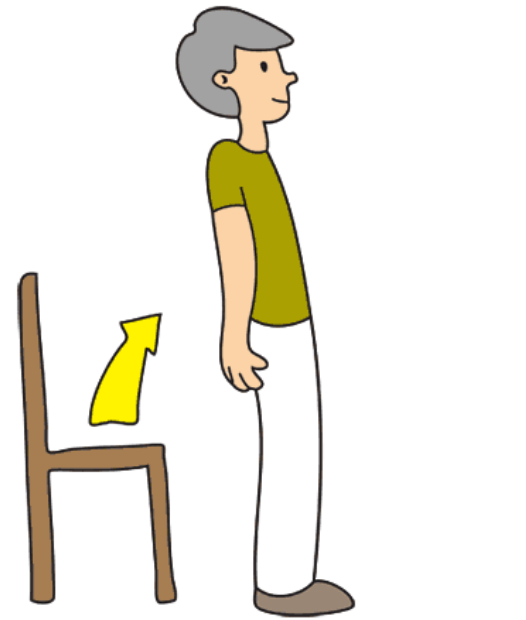
Good Luck!



SIT AND STAND COUNTLESS TIMES

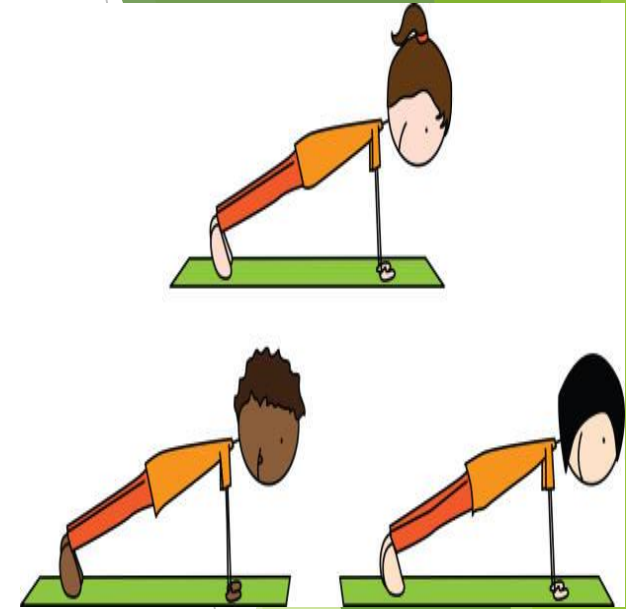
- ▶ How many sit-down-and-stand-ups can you do from a chair until you just can't do any more?
- ▶ Who has the best score in your family?

Good Luck!



HOLD A PLANK

- ▶ How long can you hold your body in a plank position like in this picture?
- ▶ Can your family members join in?
- ▶ Who can hold a plank position for the longest time?



Good Luck!

AIM CHALLENGE

- ▶ With your left eye open (right eye closed), aim at a target and throw something at the target.
- ▶ You could use a book to aim at and you can use a scrunched up piece of paper to throw at your target.
- ▶ Did you hit the target?
- ▶ Now try the same thing, this time only with you right eye open (left eye closed).
- ▶ Ask your friends and family to join in aiming at the same target.
- ▶ Who has the best shot?



ROLL BACK AND STAND

- ▶ Stand up in a safe space.
- ▶ Now, roll back until your legs are in the air.
- ▶ Next, push your legs down and try and stand up straight and get yourself into a standing position.
- ▶ Can your friends and family join in with this challenge?

Good Luck!



SKIPPING

- ▶ How many skips can you do in 30 seconds?
- ▶ Can you improve your score?
- ▶ How many skips can you do in 1 minute?
- ▶ Can you improve your score?
- ▶ Can you get your family members to join in?
- ▶ Whose score is the best?

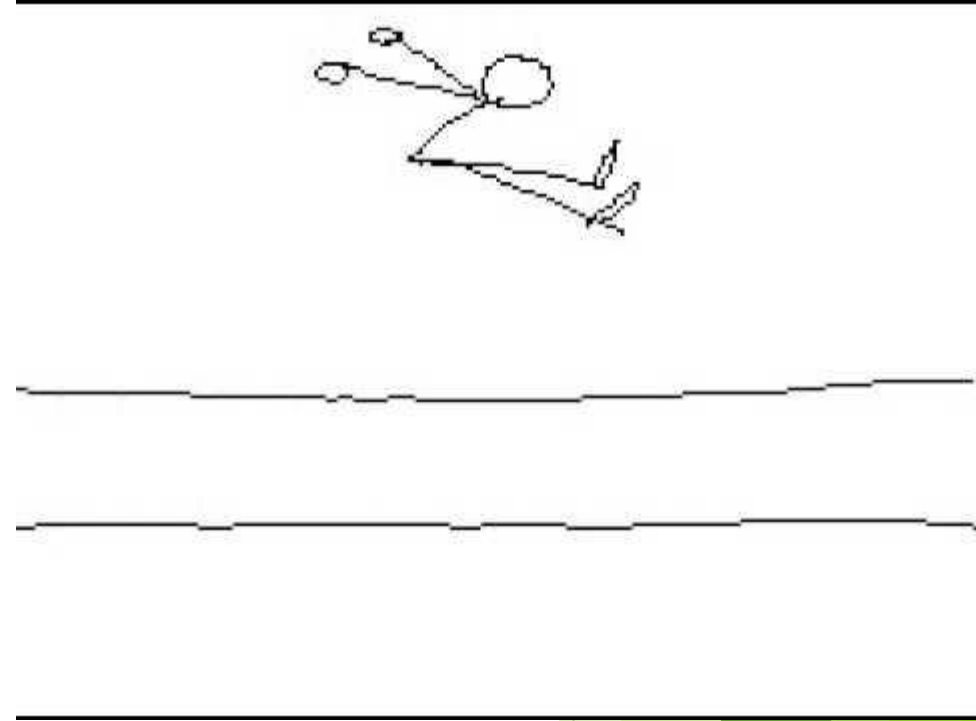


Goodbye
Luck!



HOW FAR CAN YOU JUMP?

- ▶ This activity can be done in an outside space.
- ▶ Use a marker to make a start position.
- ▶ You must stand with both feet on the marker and do a standing jump to land on both feet.
- ▶ Ask family members to join in.
- ▶ Who jumped the farthest?



STORK STAND BALANCE

- ▶ How long can you balance on one leg?
- ▶ Can you blindfold yourself and try the same balance?
- ▶ Who can maintain the stork balance the longest in your family?

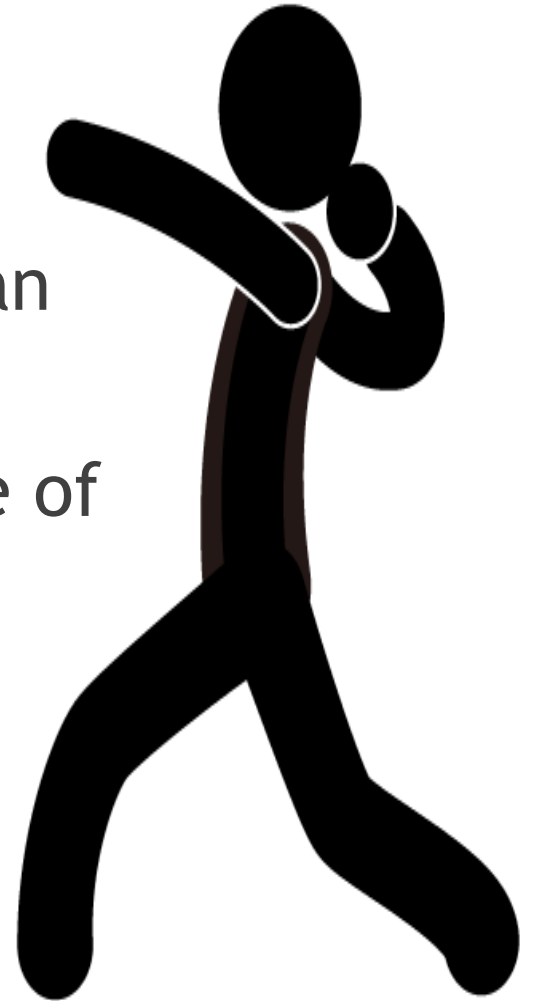


Good Luck!



2 METRE THROW

- ▶ Use a measuring tape to mark out 2 metres in an outside space.
- ▶ Use a tennis ball, scrunched up ball or a bundle of socks to reach the two metre target.
- ▶ Can You make it to 3 metres?
- ▶ Who has the longest throw in your family.



Goodbye
Luck!



BOUNCE A BALL

- ▶ How long can you bounce a ball continuously for?
- ▶ Can you bounce it for 30 seconds?
- ▶ Try 1 minute.
- ▶ Who has the best bouncing time in your family?



Good Luck!

