

Friday 17<sup>th</sup> July 2020

Hi Reception and Year 1,

It's Friday and that also means it is the last day of term! Now usually the last day you'd spend perhaps playing some games or even watching a film, but this year as you know you can't do that. So instead, we have decided to put together a 'Stay at Home Sports Day!'

Why not bring Sports Day into your household? You could compete against your family-brothers, sisters, dad, mum, carers, grandparents or even the dog!

This is a fun activity and the main idea is to have FUN with your family.

All of these activities listed below will help with some form of PE skills e.g. strength, hand eye coordination, accuracy, speed, balance.

First choose a selection of the activities or could you do all these challenges in a day?

Create a leader/score board using a blackboard and chalk (if you have one) or create one using a piece of A3 card/paper and coloured pens.

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<u>Sport/Activity</u>	<u>Get a point</u>	<u>Bonus Point</u>
<p>How many hand 'keepie uppies' can you do?</p> <p>Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air.</p>	If you participate in this challenge	Highest amount of keepie uppies gets the point
<p><u>Rubbish bin</u> Basketball- Who can shoot the scrunched up paper into the bin? 5 attempts you get only.</p>	If you participate in this challenge	1 bonus point if you get it in 1 bonus point for most creative way to throw your shot.
<p>How many claps can you do when you throw the ball up in the air?</p>	If you participate in this challenge	Highest amount of claps gets the point
<p><u>Hop, skip, Jump</u>- How far can you jump?</p> <p>If you don't have enough space just do a standing long jump. Stand in one place and see how far you can jump.</p>	If you participate in this challenge	Highest distance gets the point
<p><u>Egg and Spoon</u>- How many lengths of the garden/room can you do in a minute? If you drop it pick it up and carry on. If you want to use an egg boil it first but Boil the egg- If an egg is too precious to use at this time choose something else - pair of socks or crunched up paper,</p>	If you participate in this challenge	Highest number of lengths gets a point If you succeed the whole minute without dropping it you also get a point
<p>Can you sprint for 30 secs on the spot?</p>	If you participate in this challenge	Whoever sprints for the whole time without stopping you get a point
<p>How man sit ups can you do in a minute?</p>	If you participate in this challenge	Whoever gets the highest amount of sit ups gets a point.
<p><u>Water race.</u> Fill a bowl with water, fill a cup and race to the other bowl/sink. Run back.</p>	If you participate in this challenge	Whoever fills the most cups of water up gets the point.

<p>How many cups of water can you put in the bowl/sink in a minute</p>		
<p><u>Speed bounce</u>- how many jumps can you do in a minute over an object e.g. skipping rope on the ground, plant pot,</p>	<p>If you participate in this challenge</p>	<p>Highest amount of Jumps wins the point.</p>
<p><u>Bin bag/ pillow case race</u>- get a bin bag how long does it take you to get from one side of the garden/room and back.</p> <p>If there is enough space all race together at the same time.</p>	<p>If you participate in this challenge</p>	<p>Quickest Time Wins the point Or whoever wins in the race wins a point</p>
<p><u>Golf target challenge</u></p> <p>Use a cup/pan on its side for the hole. Use a golf ball/tennis ball/scrunched up paper and shoot it into the cup/pan using hands/feet/dust pan brush/broom.</p> <p>You decide as a family distance you shoot from- make it a little challenging! 5 attempts</p>	<p>If you participate in this challenge</p>	<p>If you get it in you get a point</p>
<p><u>Obstacle Course</u></p> <p>The perfect event to use your imagination! The course can be made up of anything, from jumping over household items or crawling under duvets, to doing cartwheels or walking with a beanbag on your head - the possibilities are endless</p>	<p>If you participate in this challenge</p>	<p>Fastest to complete the course gets a point</p>

<p>How many times can you throw a ball into a bucket/pan in a minute?</p>	<p>If you participate in this challenge</p>	<p>Person who throws it in the most gets a point</p>
<p>How long can you hold a balance for?  Can you make up a challenging or creative balance?</p>	<p>If you participate in this challenge</p>	<p>Person holding the balance for the longest gets a point Person who has the most challenging/creative balance</p>
<p><u>Three Legged Race</u> Use some old ties lying around the house or even scarves that have been stored away for winter to tie legs together - easy!</p> <p>Choose a partner. Time how long it takes you to get from one side of the garden/room and back.</p> <p>If there is enough of you and space, have a three legged race at the same time.</p>	<p>If you participate in this challenge</p>	<p>If you do a three legged race with the family- whichever pair wins gets the bonus point.</p>
<p>Can you spell your name using the activity table below.</p>	<p>If you participate in this challenge</p>	<p>If you complete it you get a point</p>

# Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- Kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- Kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups