

Sports Day Challenge Week 6

This week the Sports Day Challenge has been sent to me by Miles(P3), Benjamin(P5) and Samuel (Nursery) Platt. Fabulous suggestions boys thank you. Anyone else please feel free to send in ideas👏.

4 separate activities this week. Two throwing activities and two fitness activities. As always, please try and measure and time your activities. Photos welcome on Twitter, Learning Journals (Nursery and P1) or even email if you are not on Twitter. These events can all be completed indoors if you do not have access to a garden.

- 1. Shot Putt (if you are left handed please swap instructions round)
You need a soft ball (rolled up pair of socks will do), a measuring tape (or you can measure by counting how many same sized steps you take) and a starting marker. Toes and body facing sideways to your right, at least one step behind the marker. Ball held by right hand against your chin. Get ready to throw. As you throw, turn your body to the front. Take a step with your left foot and release the ball getting as much height as you can. Measure distance from marker to where your ball first hits ground. Challenge someone in your family. Best of 3, best of 5, best of 10.**
- 2. Two people standing opposite each other approximately 4m apart. Count how many passes of a ball/frisbee/socks you can get before one of you drops it. Record score. If you drop the object, you start again at zero. Keep trying to improve your score. Challenge another 2 family members to a competition.**
- 3. Set up a hurdles course in your garden (or indoors). Can include long jumps as well as high jumps. Use softish materials- boxes, tubs, ropes, toys, flower pots, clothes. Anything really. Time yourself completing the circuit. Challenge a family member or just work on improving your own time. You can make the hurdles higher and wider as a further challenge and time yourself again.**
- 4. Sideways jump. Find something soft. A cardboard box, a soft toy, a pile of clothes. Then with both feet together jump from side to side over the obstacle. This is harder than it looks! Count how many jumps you get in say 2 minutes. Record your score. Challenge someone to a competition or just work on improving your total. Make the obstacle higher and count again.**

Good luck everyone!