**Sports Day Week Challenge - 2020**

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| **NAME:**  |  |
| **‘Track Events’** | Score:  |
| **Sofa run:** Time how long it takes you to run 5 laps around your sofa | ……………..…………………………………….Seconds |
| ‘**Egg and spoon’ Race:** Balance the egg on a spoon and time how long you can balance it for. Spin slowly round in circles as you go! | ……………..……………………………………Seconds  |
| **Longest continuous walk** (record on phone or App):As it says – make sure you have a way of recording how many miles you have walked and how long it has taken you. | ……………….……………………………………….Miles  |
| **‘Field Events’** |  |
| **Tea bag shot putt:**Stand 2 metres back from the mug. You have one minute to see how many times you can get the tea bag in the mug (You have to go and get the tea bag after every shot!) | ………………..………..Successful tea bag shots |
| **Toilet roll agility course:**Set up 5 toilet rolls one metre apart from each other. You must run in and out of each one turn at the end one and run back. Time how long it takes you. | ………………..…………………………………Seconds  |
| **Toilet roll throw and catch:** How many times can you throw and catch a toilet roll in 30 seconds. Doesn’t count if you drop it!! | …………………………………………………….Throws  |
| **Pencil javelin target throw:** Stand 5 meters back from a shoe box. You have one minute to see how many times you can get the pencil in the shoe box (You have to go and get the pencil after every shot!) | ………………..………………………………….Throws  |
| **‘Jumping Events’** |  |
| **Standing long jump:** How far can you jump from a standing start? Measure from your take off point to where you land.  | ………………..………………………………………..cm |
| **Step up challenge:** Find some stairs and count how many times you go up and down (one step) in 1 minute | ......................…………………………………..steps |
| **Speed Bounce:** Put a line on the floor (for example lie down a pencil or a broom) and count how many times you jump over it in 1 minute. | ……………………………………………………bounces |
| **‘Fitness’**  |  |
| **Toilet roll ‘Keepie uppies’**: How many can you do in one minute?  | …………………………………………*Keepie uppies* |
| ***Burpees*:** How many *burpees* can you do in one minute?  | ……….…………………………………………..*Burpees*  |
| **Star jumps**: How may star jumps can you do in one minute?  | ………………………………………………..star jumps |