

Virtual Sports Day 2020

***We would love you to take a picture of your Sport's Day Challenge and send them to your class HOME LEARNING page!**

Not quite an Egg and Spoon Race

Use any object to balance on a tablespoon. For example, a piece of fruit.



Tug of War

Get a family member to play tug of war with you. If you don't have a piece of rope, can you get creative!!!!



Book Balance

Find a hard book in your house and balance it on your head. Try to get from the starting line to your finishing line without dropping it.



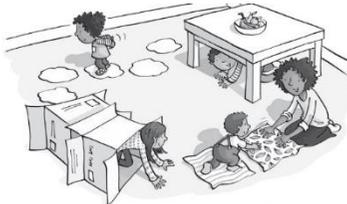
How far can you jump?

First mark your starting point, place a tape measure or rope along the ground, take 10 large steps back, run to the starting point and jump into the air to see if you can improve the distance you travel.



Obstacle Course

Create a short obstacle course to complete



Family Race

Get your family together and race from your start to finish line!!



Blind Fold Balance

Using a scarf or any another material as a blind fold, place this over your eyes and balance on one foot. Get someone to time you.



Ball Bounce

If you do not have a bat and ball use a saucepan and socks in a ball. How many times can you bounce the ball before it falls off?

