

Isolation Sports Day Extravaganza!

Here are 10 sports day challenges for you to have a go at. You will need some assistance from a member of your household to time some of your challenges. You can complete as many or as few of the below challenges as you like.

I have attached a results table at the bottom of the page and would be grateful if you could fill it in for the challenges you choose to complete and send it back to me so that I can work out the winners! Please also send me a photo of you doing your favourite sports day challenge so that we can share them during a Zoom meeting at the end of the week.

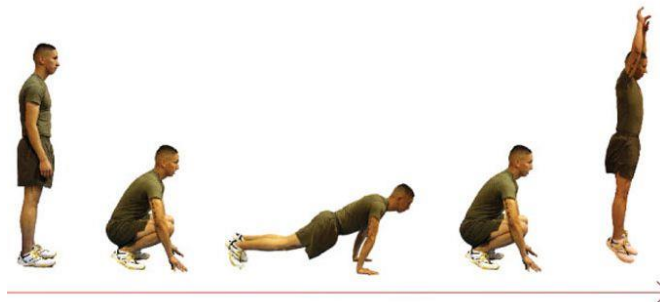
Good luck!

- 1) Egg and Spoon - boil* an egg and when it is cool, pop it on a spoon and see how long you can keep it on there for whilst doing a brisk walk / jog.

*Do not attempt to boil an egg without an adult!



- 2) Burpee Challenge - how many full burpees can you complete in 60 seconds?



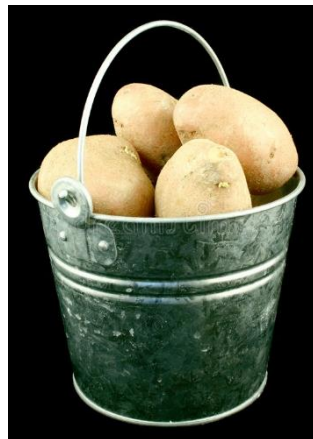
- 3) Sack Race - using an old pillow case or something similar, see how many times you can jump in your 'sack' before you stumble.



- 4) **Obstacle Course** - make your own obstacle course using buckets, teddies, balloons, string, water or anything else you might have at home. Complete your own obstacle course and perhaps challenge a family member to it too! The most creative obstacle course wins.



- 5) **Potato Race** - place three potatoes in a pile on the ground and another three potatoes in a pile 2m away. Start off at one pile with a bucket in your hand and run to the pile of potatoes furthest away from you. Take one potato and put it in your bucket. Run to the other pile and put one potato in your bucket. Repeat until you have collected all of the potatoes. Don't forget to time how long it takes to gather all six potatoes.



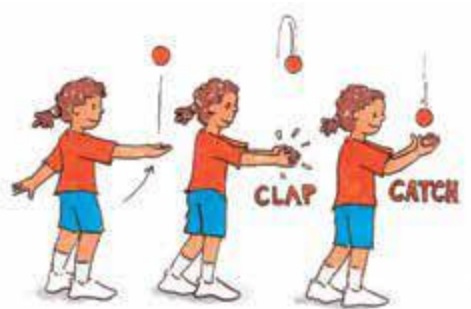
- 6) **The 'Keepie Uppie' Challenge** - using a ball, how many kick-ups can you do before the ball hits the ground?



- 7) Speed Bounce - roll a towel up and stand at one side of it. Jump over the towel, allowing both feet to land on the floor. Repeat this action for 20 seconds. How many speed bounces did you manage?



- 8) Catch and Clap Challenge - throw a ball and see how many times you can clap before catching it.



- 9) Socks in the Box - how many socks can you pair up and throw into a basket in 60 seconds?



- 10) Plank - how long can you hold the perfect plank?



Pupil Name:	
Egg and Spoon	Time in seconds:
Burpee Challenge	Number of burpees in 60 seconds:
Sack Race	Number of jumps before stumbling:
Obstacle course	<i>Please send me a photo of your obstacle course.</i>
Potato Race	Time in seconds:
Keepie Uppie Challenge	Number of kick-ups before ball hit the ground:
Speed Bounce	Number of bounces in 20 seconds:
Catch and Clap	Number of claps before catching:
Socks in the Box	Number of <i>pairs</i> of socks in the basket:
Plank	Time in seconds: