

### Standing Long Jump

Start with both feet at your starting point. Take off and land on both feet. Remember to bend your knees and swing your arms to really help you jump as far as you can!

★ Try measuring how far you can jump then beating your own score.

### Short Distance Sprint

Find a distance of around 25 metres. Time how fast you can sprint to the finish line! Remember to swing your hands forwards to reach your fastest pace!

★ Record your time taken and then try to beat your own time!

### Speed Bounce

Find an object that comes up halfway to your knee. Keeping both legs together jump either side of your object. Count how many jumps you can do in 30 seconds?

★ To make this more challenging see how many you can do in 1 minute or increase the height of your object!

### Triple Jump

See how far you can complete a triple jump. Remember it goes hop, step and jump. Take a run up and hop on one foot, then as you land your hop step on to your other foot, then jump and land on two feet!

★ Try measuring how far you can jump then beating your own score.

### Target Throw

Place a target on the floor at least 2 metres away. Choose an object you think will land without bouncing or rolling too much as that will make it trickier. Complete an underarm throw to get your object as close to the target as possible.

★ Increase the distance or have multiple targets to make it more challenging!

## Sawley Key Stage One Virtual Sports Day!

We know how much you all love taking part in Sports Day so we have designed a virtual sports day this year.

Have a go at taking part in the events and uploading a video or photo to Class Dojo. Please let your class teacher know if you do not want videos or photos used on the school website.

**0-4 events** earn a **bronze** certificate **5-8 events** earn a **silver** certificate and **9-10 events** earns a **gold** certificate!

We are looking forward to seeing all our Sawley Superstars being active and having fun!

### Assault Course

Find a distance of around 25 metres. Create your own assault course using a range of objects and equipment. You could use hoops to go through, a blanket to go under and objects to jump over!

★ Record your time taken and then try to beat your own time! Or try adding more obstacles!

### Beanbag Balance

Find a distance of around 25 metres. Place a beanbag on your head (if you don't have a beanbag you can place a folded tea towel or t-shirt on your head. Time how fast you can complete the distance whilst balancing the item on your head. Remember to start again if you drop it!

★ Try running instead of walking!

### Controlled Ball Dribbling

Map out a line with at least 5 obstacles. Dribble in and out of the obstacles and back to your starting position. You can do this using a hockey stick and ball, a basketball or a football!

★ Record your time taken and try to beat your own time! Or try adding more obstacles!

### Long Distance Throw

Using an object such as a tennis ball, complete an overarm throw to throw your object as far as possible. You can do this from a set position or using a run up!

★ Try measuring how far you can throw then try beating your own score.

### Egg and Spoon Race

Find a distance of around 25 metres. Time how fast you can balance an egg on a spoon over the distance. Remember to start again if you drop the egg! We recommend using a hard-boiled egg so it isn't as messy if you drop it!

★ Record your time taken and try to beat your own time! Or try adding more obstacles!