

Virtual Sports Day



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| Pillowcase Sack Race Make a circuit around the garden and time how quickly you can race around. | Toilet Roll Race Make a circuit around the garden and time how quickly you can run around it with a toilet roll between your legs. | Cushion Race Make a circuit around the garden and time how quickly you can run around it with a cushion balanced on your head. | Keepie Uppies Challenge How many Keepie Uppies can you do with a toilet roll? |
| Shot Put Using a toilet roll, see how far you can throw it. Measure the distance using your feet. | Target Practice Set up three empty bottles about 3-5 metres from you. Using a ball (or a toilet roll) try to bowl the bottles over. How quickly can you get all three? | Egg and Spoon Race Make a circuit around the garden and time how quickly you can race around without dropping the egg. | Wellie Toss See how far you can toss a wellie. Measure the distance using your feet. |
| Plank Challenge Time how long you can hold a plank for. | Burpee Challenge How many burpees can you do in a minute? | Tea Bag Challenge Set up a tea cup and stand between 1-3 metres from it. How many times does it take for the tea bag to land in the tea cup? | The Cup Challenge Make a circuit around the garden and with a full cup of water, run around the course. How quickly can you do it without spilling any water? |

Ultimate Challenge

With your parents' permission, design an obstacle course. Once you have designed your obstacle course, record yourself (and any members of your family) completing it. See if you can beat your time. Send the video of your course into school for us to see!