



Shelford School Sports Day

Friday 19th June 2020

Event 1 - Standing Long Jump

You will need to mark a line that you will jump from.

- Ankles, knees and hips are bent ready for take-off.
- Arms swing behind the body.
- Both feet leave the ground together.
- Arms swing forward and up in the jump.
- Both feet land at the same time, with ankles, knees and hips bent.
- Record your distance when you land.

Please record five jumps.

Event 2 - Sock and Spoon Race

You will need a spoon and a pair of socks rolled up into a ball.

Mark out a distance of five metres.

- Balance the socks on the spoon - be careful not to drop the socks.
- Walk between the cones as many times as you can in one minute.
- If you drop the socks, stop to pick them up and then continue.

Please record the number of times you walked between the markers.

Event 3 - Bucket Throw

You will need a bucket and a tennis ball (or your socks rolled in a ball).

- Stand five strides back from the bucket.
- Throw the ball into the bucket using an under-arm throw.
- Have ten throws.

Please record the number of times the ball went in the bucket.

