



Virtual Sports Day

Virtual Sports Day

Welcome to Milton C of E Primary School's Sports day 2020.

Follow through the slides for lots of ideas for sports day activities. It starts with some creative tasks before listing lots of sporting challenges for you to try.

Challenge your family to try the activities and record your results on the results table on slide 5.

If you take any photos of your event, please send them to Miss Hawes to be included in the final sports newsletter of the year.

We hope you enjoy and have fun!





Task One: Make a medal

Before you start...

- Make some medals so that you can have an awards ceremony at the end. You could make a medal for each event or an overall bronze, silver and gold medal that you could award to yourself/family members.

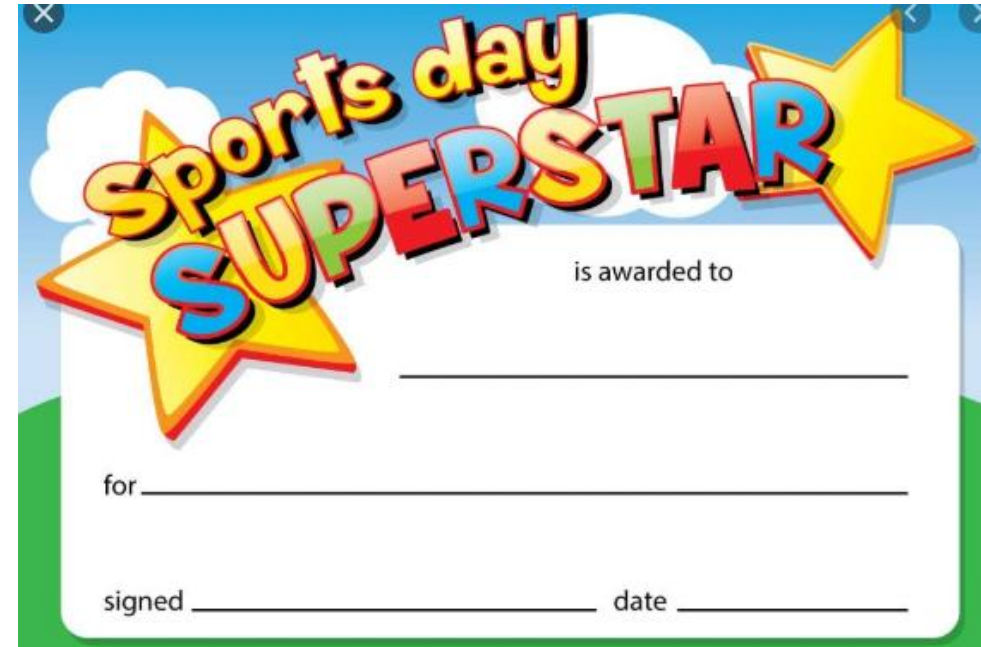


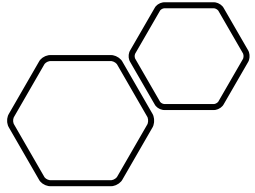


Task Two: Make Certificates

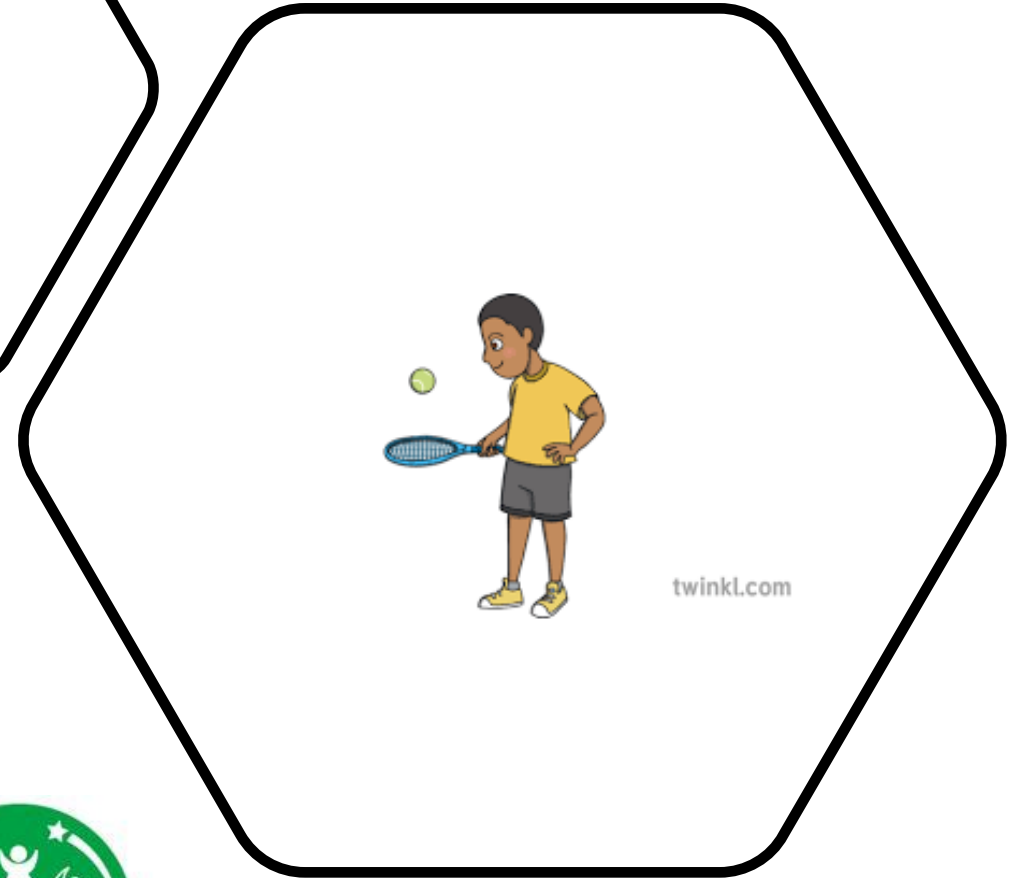
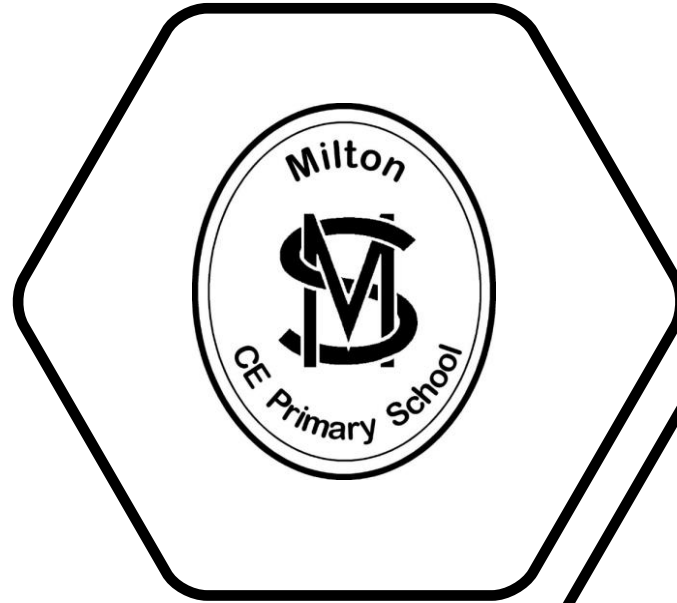
Before you start...

- Make a certificate for each member of your household that are taking part. At the end you can write on it what their greatest achievement was during the challenges and then give it to them.
- Make sure you make yourself one too!



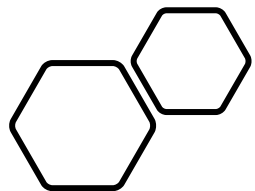


Bat and Ball Bounce



- Equipment Needed:
 - Using any type of bat and ball or even a hard back book and crumpled paper ball.
 - Stop watch
- Rules:
 - Bounce the ball on the bat as many times as possible in 1 minute

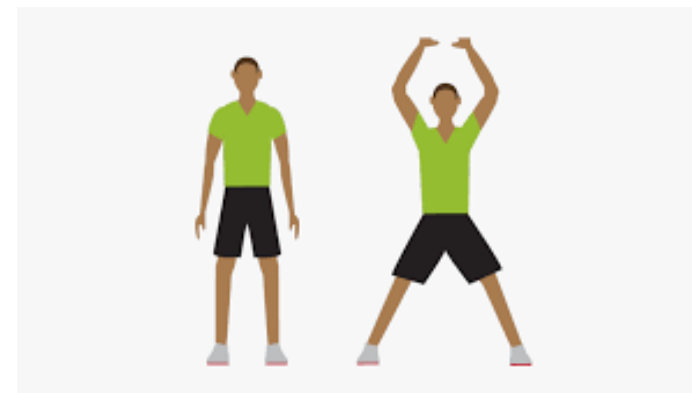


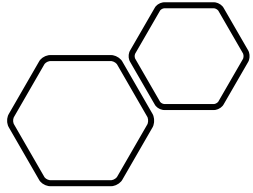


Jumping Jacks

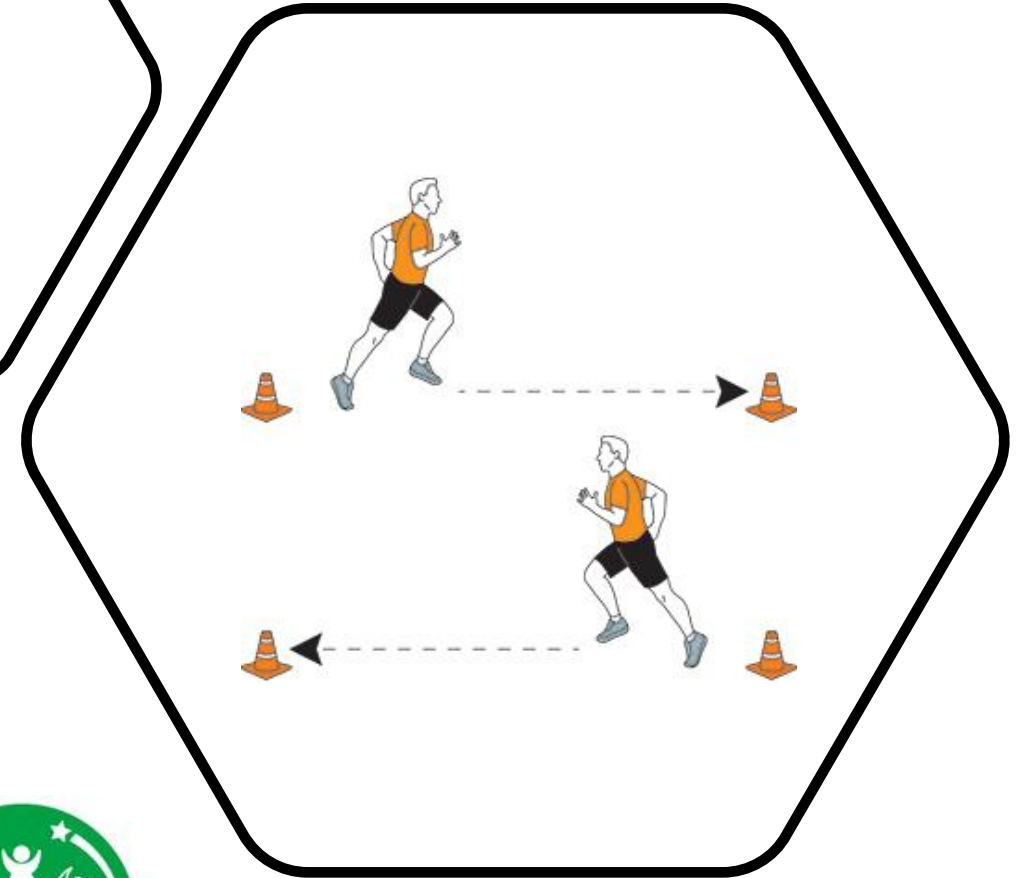
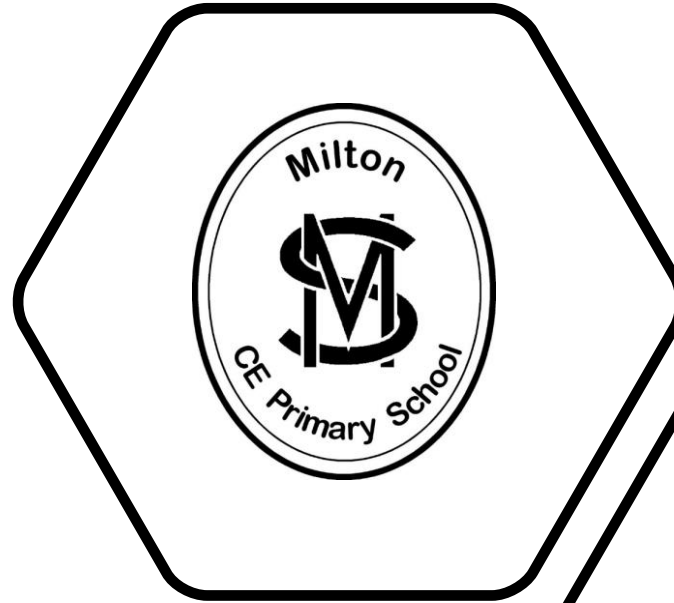
- Equipment Needed:
- Stop watch

- Rules:
- Count how many start Jumping Jacks you can do in 1 minute



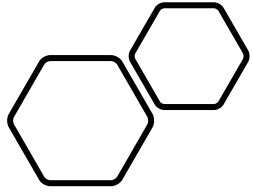


Running Man



- Equipment Needed:
 - Place 2 markers 5 meters apart in your garden or green space.
 - Stop watch
- Rules:
 - You have to run between the markers there and back to score one point. You have 1 minute to score as many points as possible.

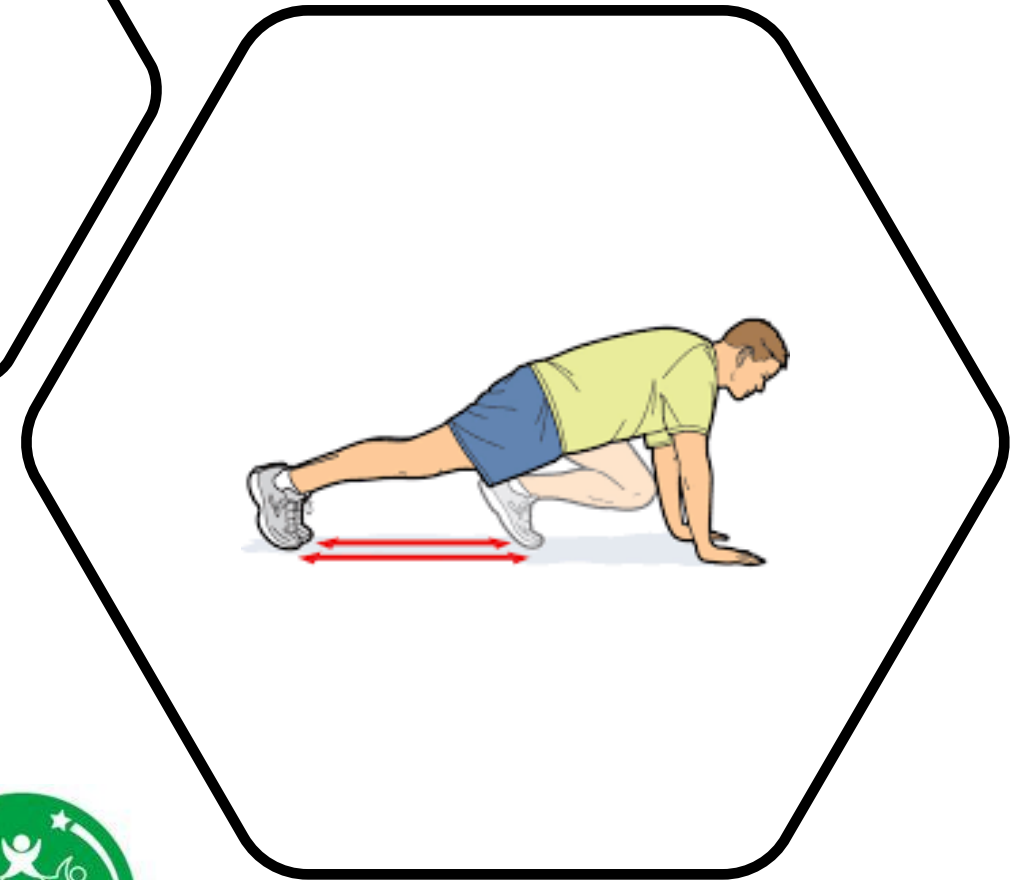
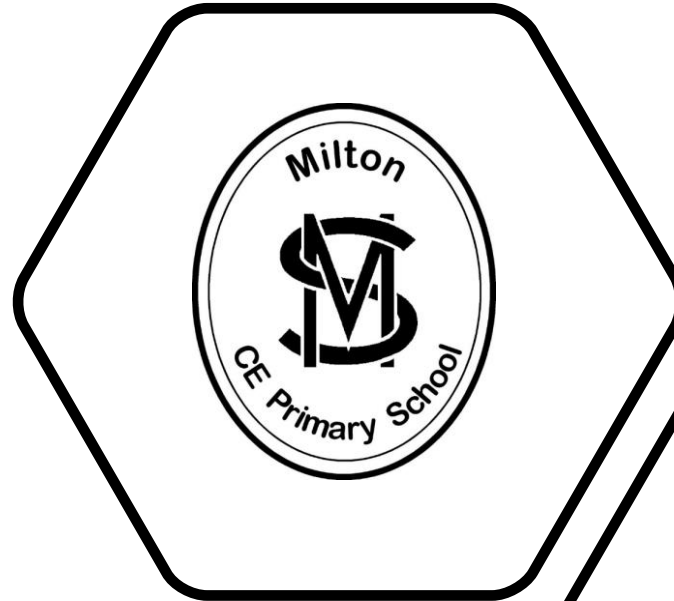


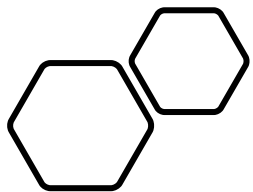


Mountain Climbers

- Equipment Needed:
- Stop watch

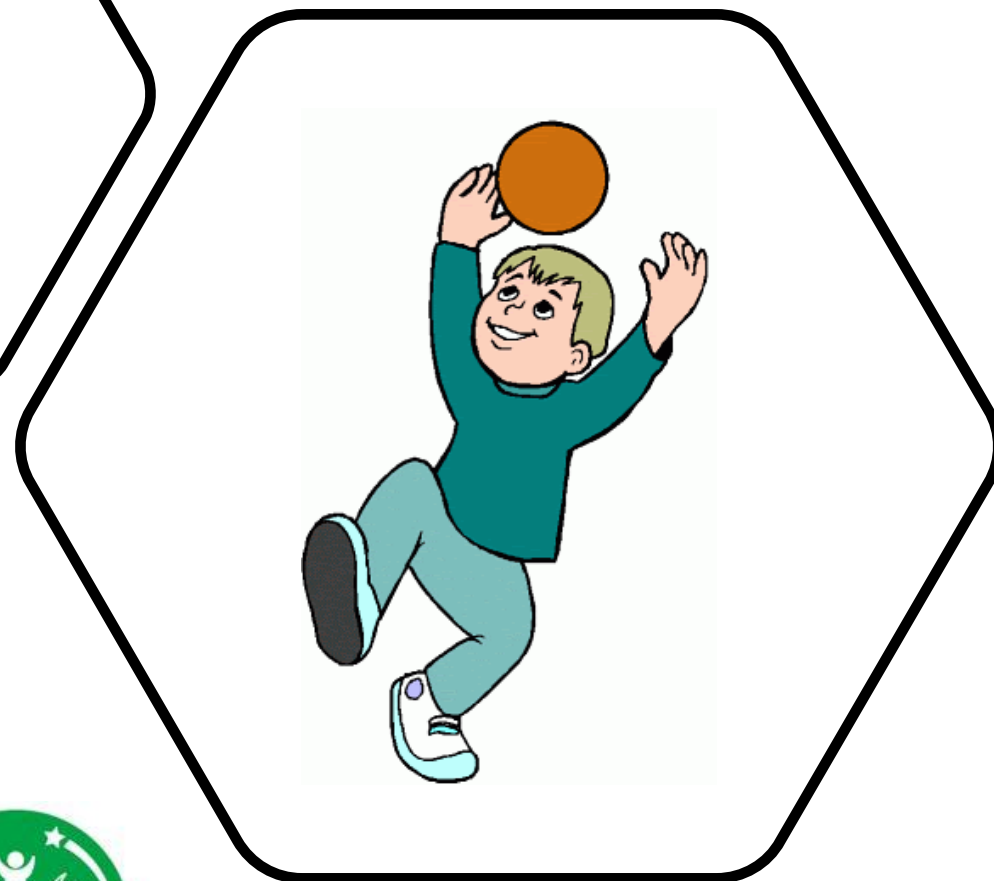
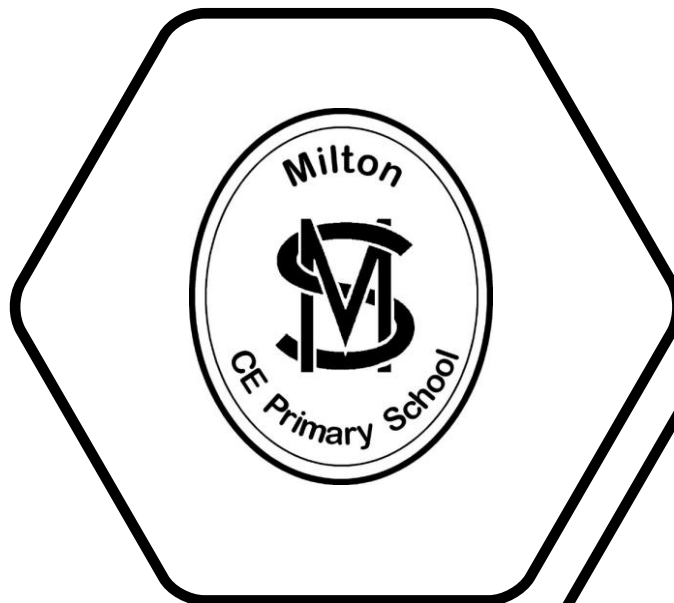
- Rules:
- Start in a Press up/Plank position. You then lift your right knee towards your left hand. Then, repeat with lifting your left knee towards your right hand and so on: one point for each lift. See how many you can do in 1 minute.

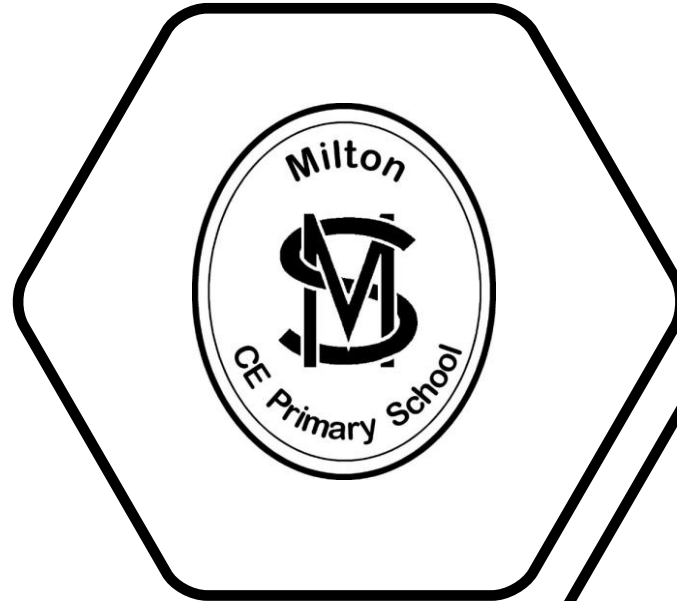
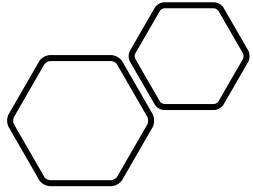




Bounce and Catch

- Equipment Needed:
 - Stop watch
 - Any Size ball
- Rules:
 - You have to bounce the ball and catch it again before it has a second bounce. Each time you catch it you score a point. See how many you can do in 1 minute.

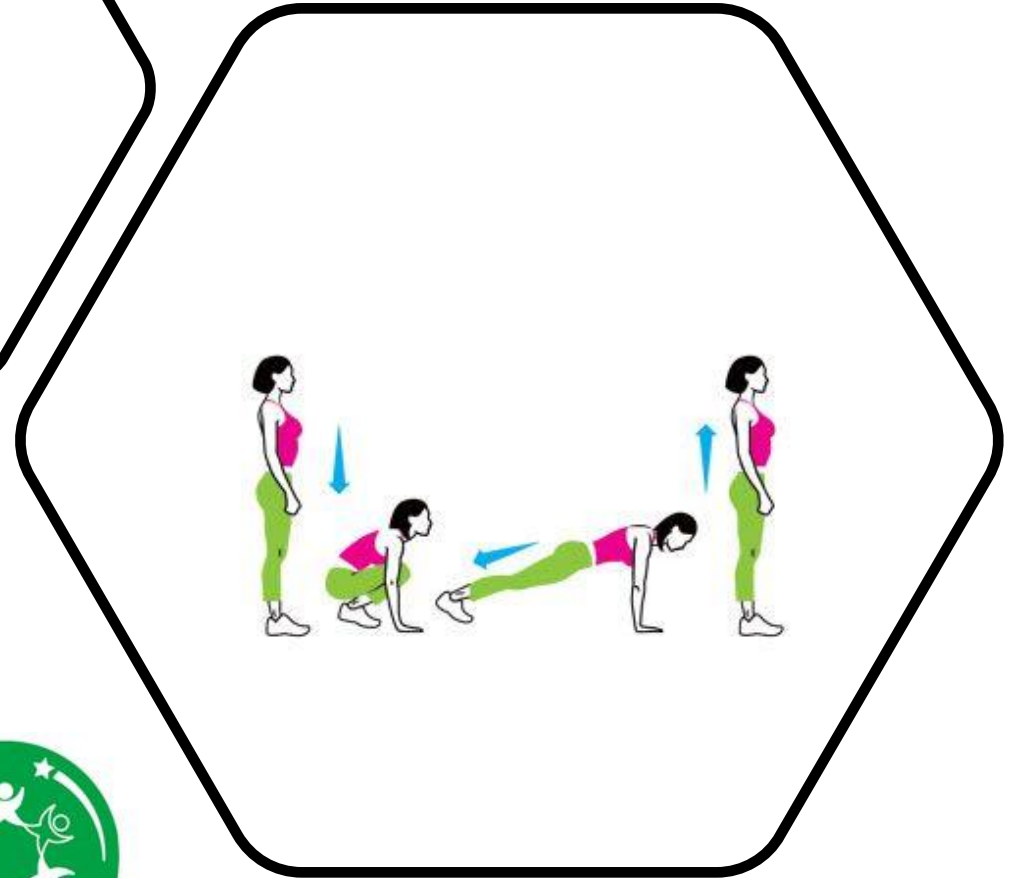


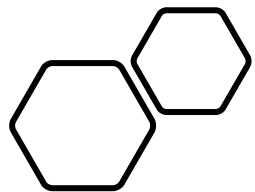


Squat Thrusts

- Equipment Needed:
- Stop watch

- Rules:
- Get into the tuck position with your hands on the ground and your knees up to your chest. Then, jump your feet and legs out straight then back up to your chest to score a point. See how many you can do in 1 minute.

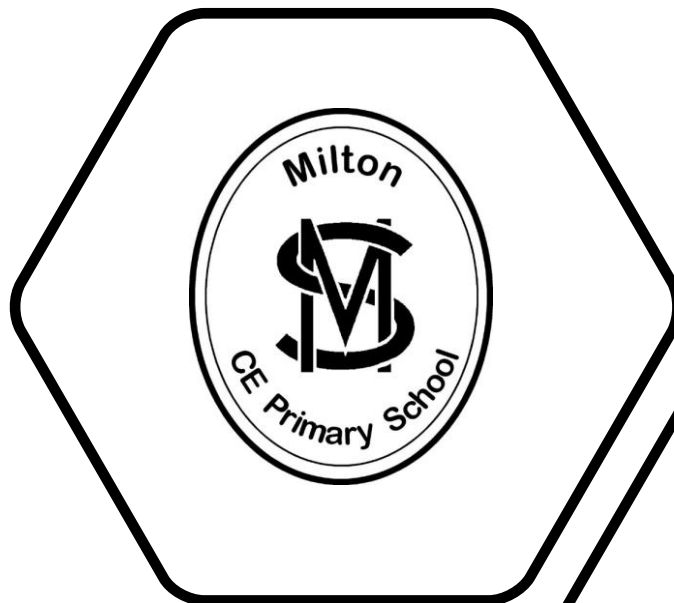


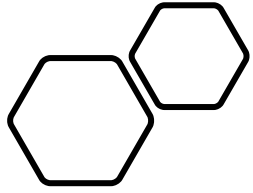


Balancing on one leg

- Equipment Needed:
 - Stop watch

- Rules:
 - For this game you need to try balance on one leg for 1 minute. Every time you put your foot down 5 points is deducted from your total score. If you balance for the whole minute without putting your foot down, you score 60 points





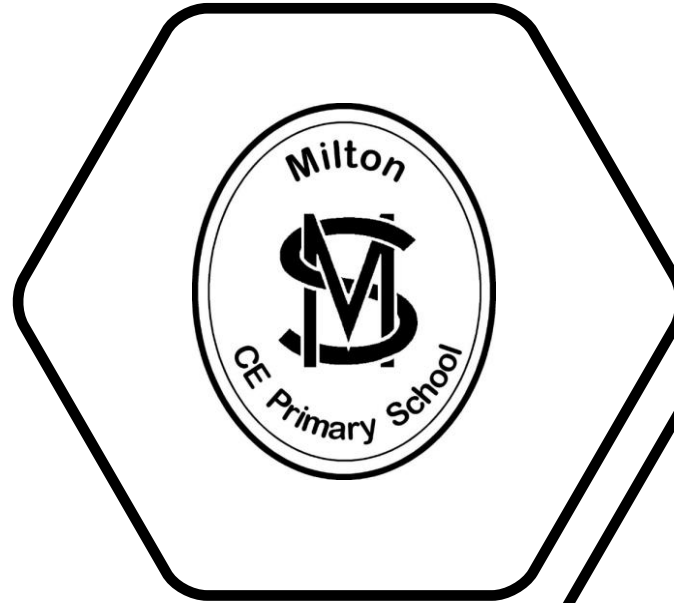
Burpees

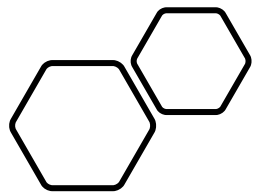
- Equipment Needed:

- Stop watch

- Rules:

- You start by performing a star jump. Then, drop down into a tuck and perform a squat thrust then back up into a start jump to complete a rep. See how many you can do in 1 minute.

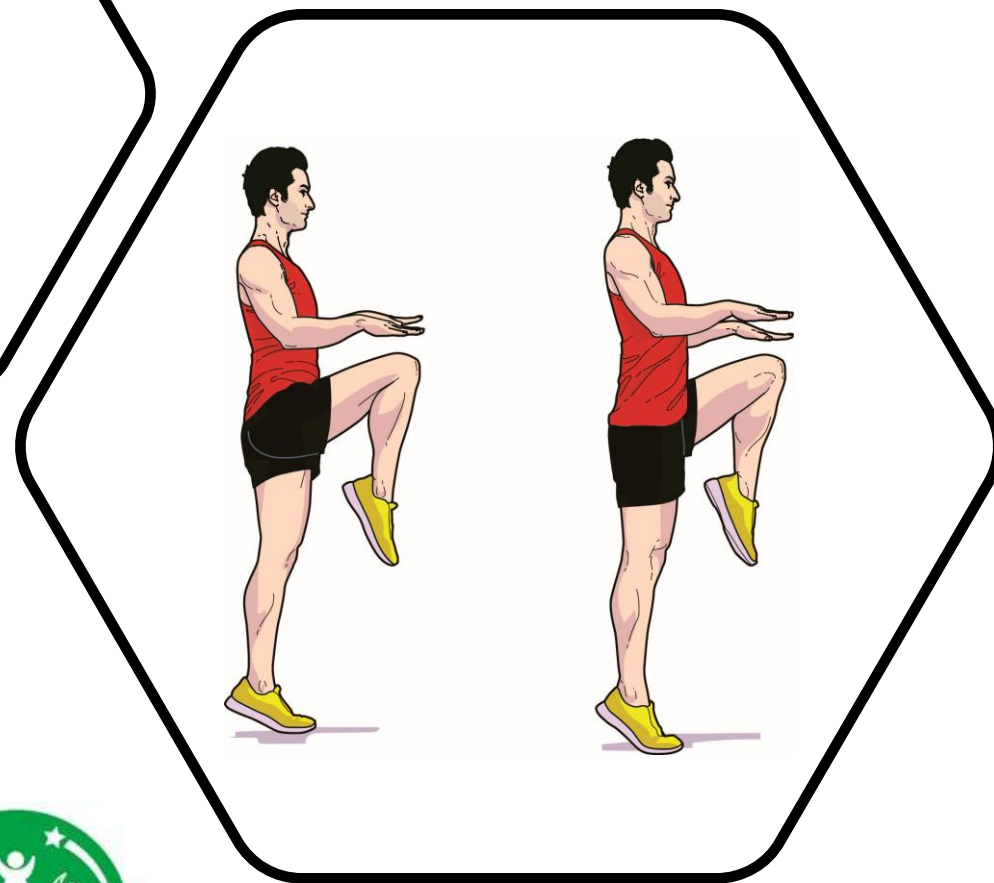
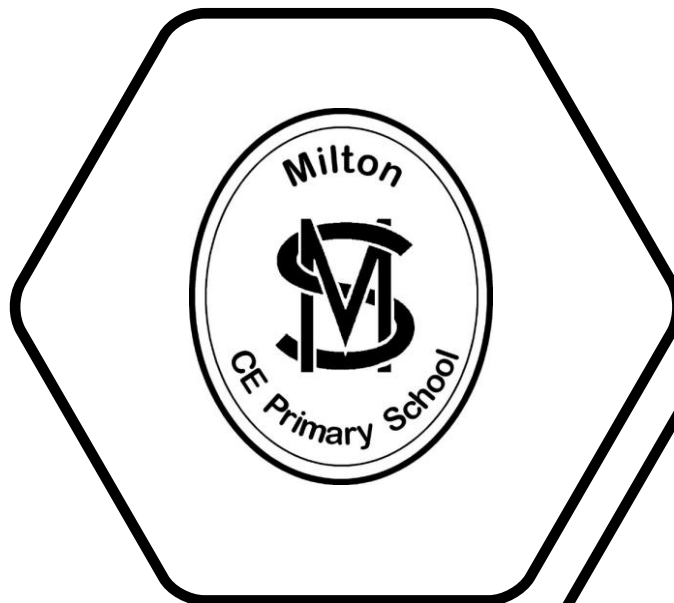


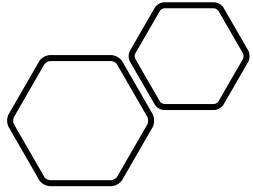


Running with High Knees

- Equipment Needed:
 - Stop watch

- Rules:
 - You have to run on the spot and lift your knees in line with your waist. See how many you can do in 1 minute.

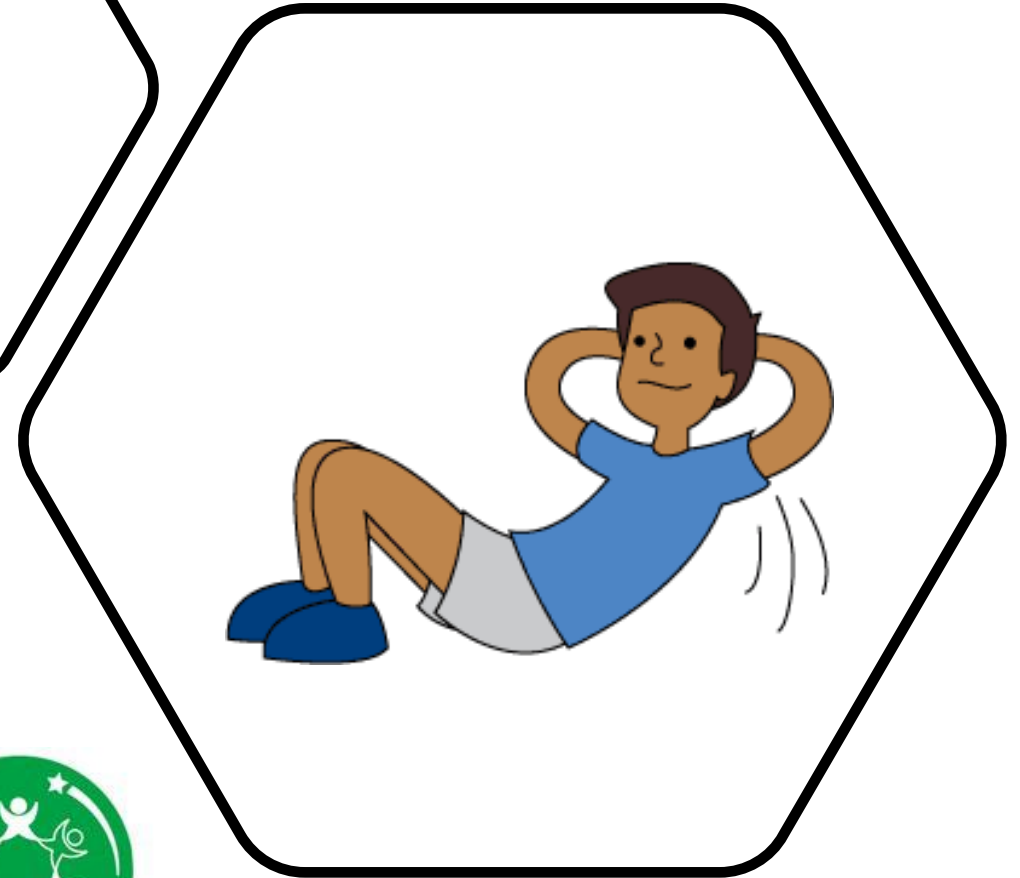
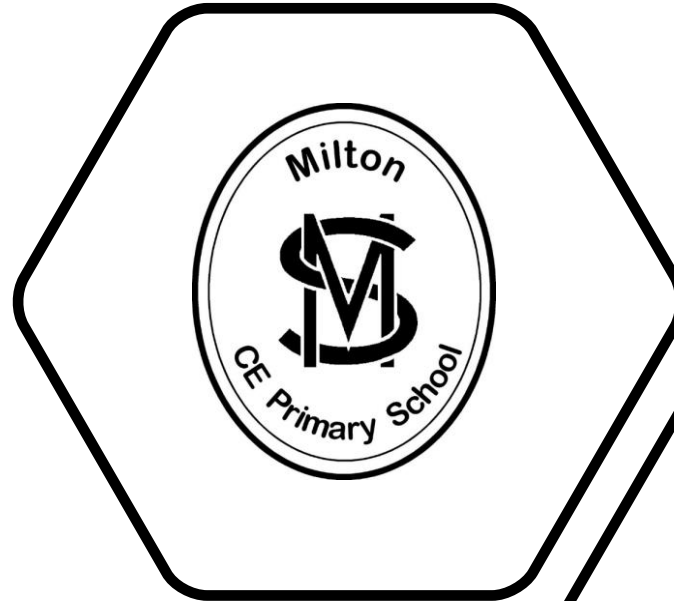


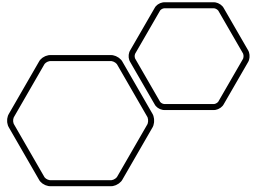


Sit ups

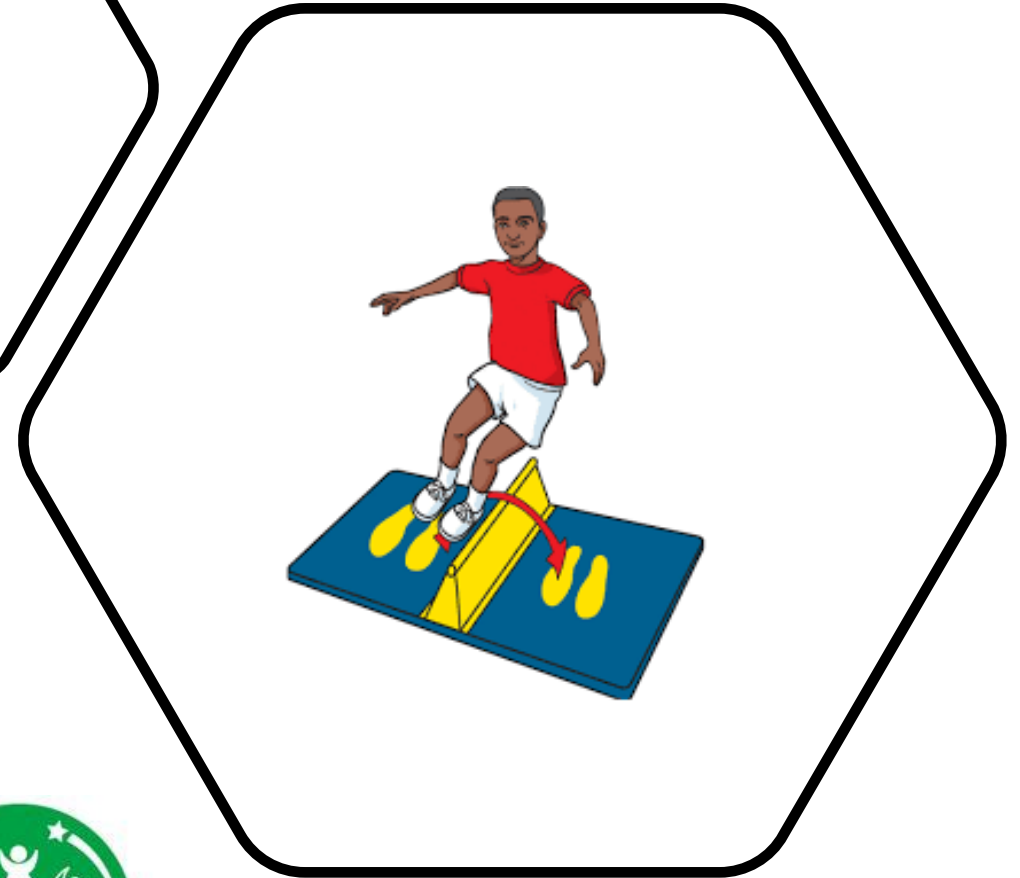
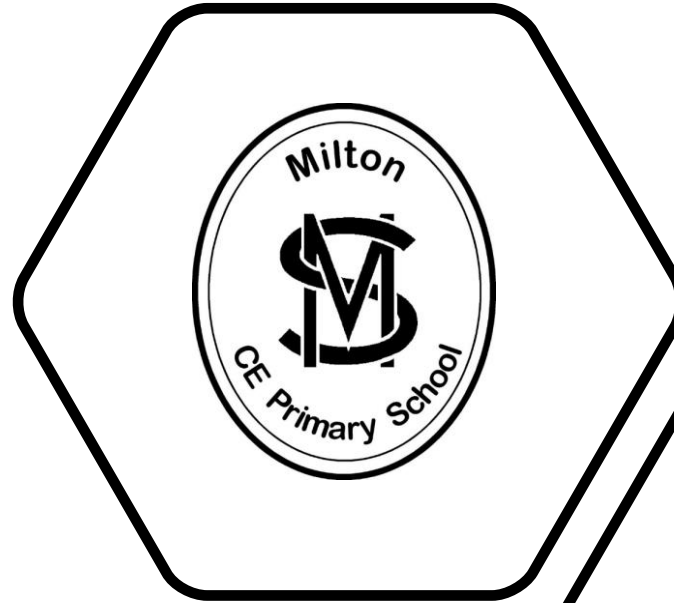
- Equipment Needed:
- Stop watch

- Rules:
- Start by lying on your back. You then have to bring yourself back up off the ground bringing your chest towards your knees and then back down. See how many sit ups you can do in 1 minute.





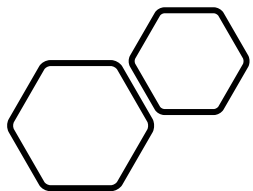
Speed bounce



- Equipment Needed:
 - Stop watch
 - Something to jump over such as a skipping rope or shoe.

- Rules:
 - You jump your feet side to side over the rope or shoe. Try to make sure your feet stay together. See how many you can do in 1 minute.

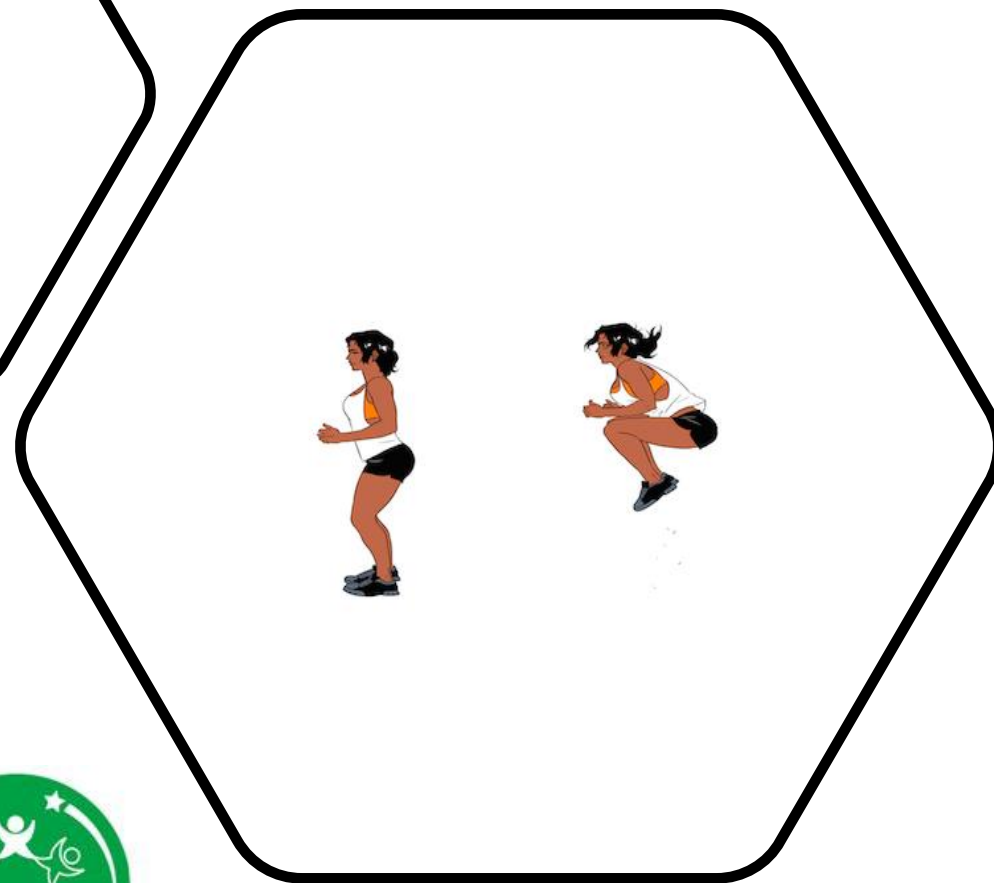
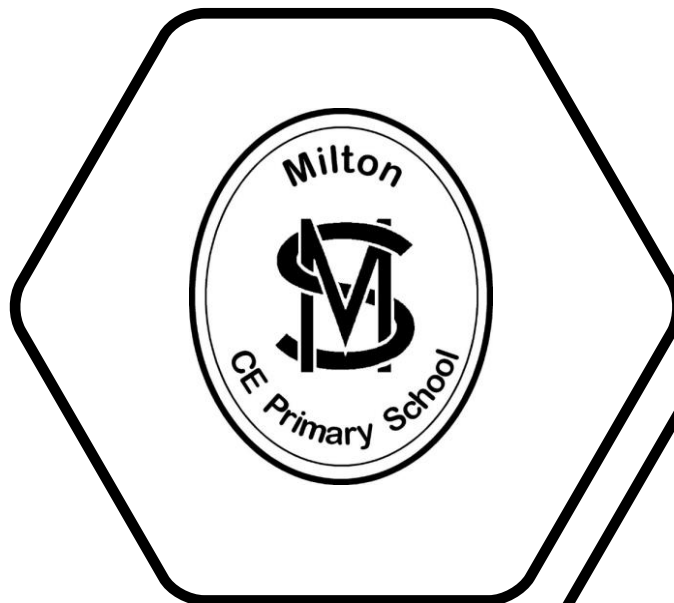


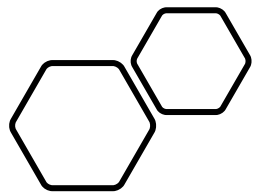


Tuck Jumps

- Equipment Needed:
- Stopwatch.

- Rules:
- You have to jump and try to pull your knees as high up to your chest as you can. Each jump equals 1 point. See how many you can do in 1 minute.





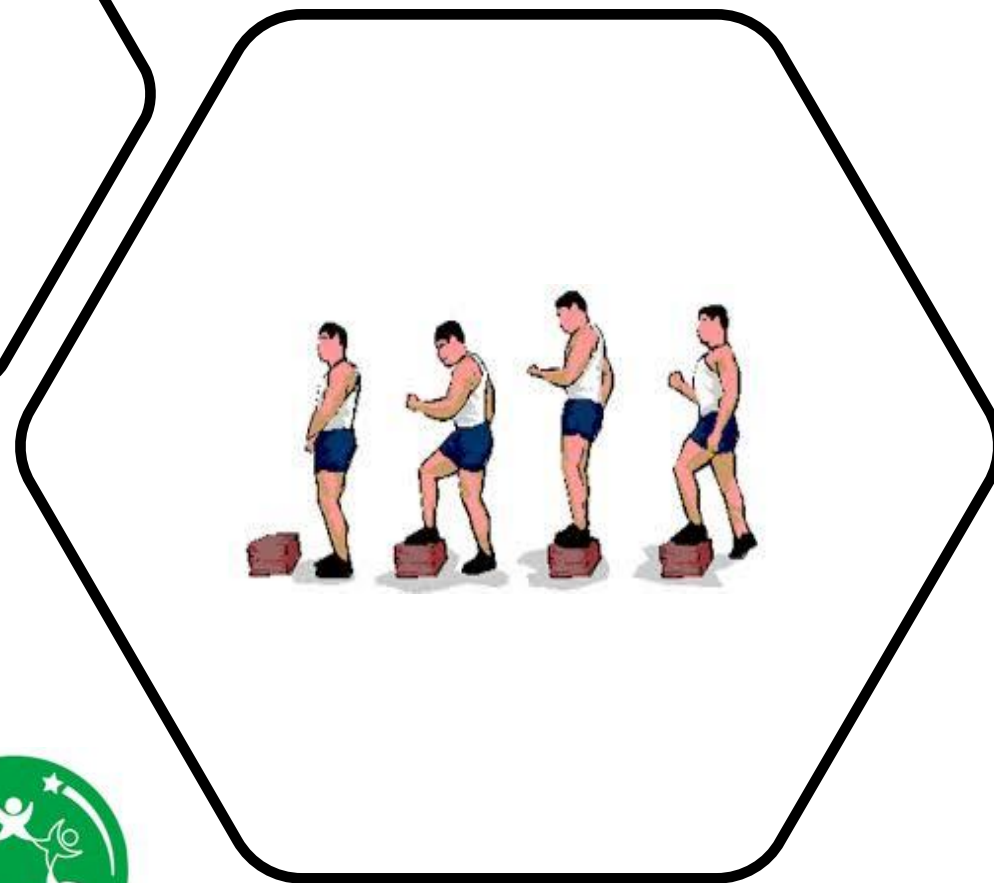
Step ups

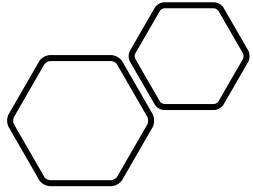
- Equipment Needed:

- Stopwatch.
- A step.

- Rules:

- You have to step up and down one step. When both feet are back down that is one complete step. See how many steps you can do in 1 minute.





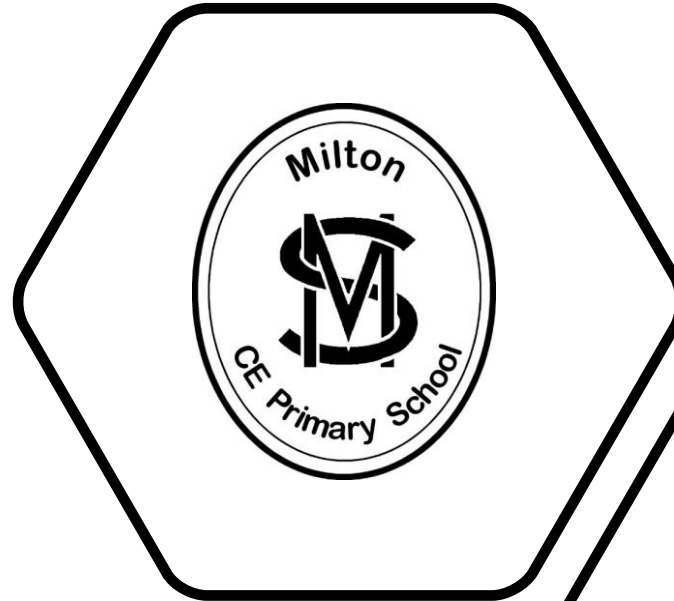
Throw and catch

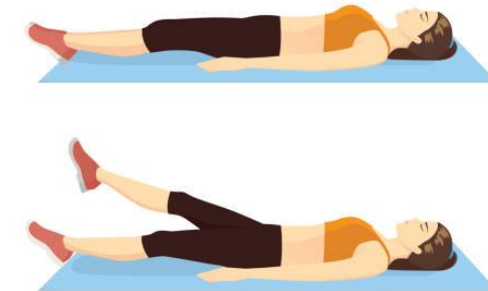
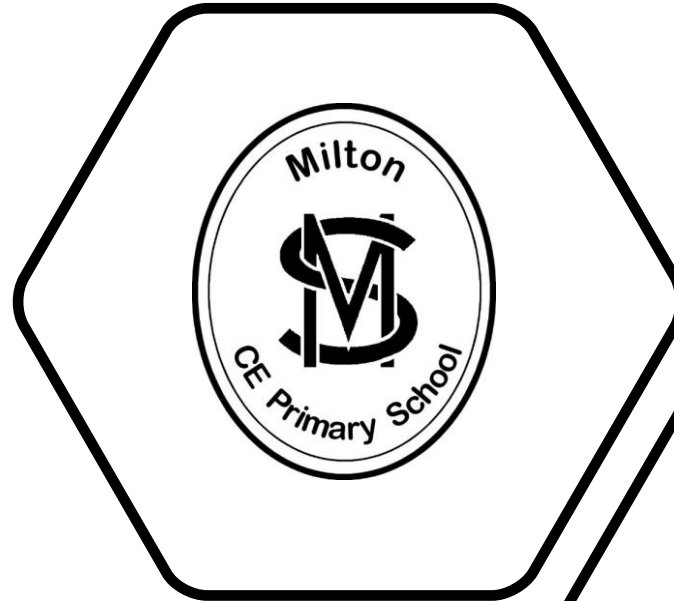
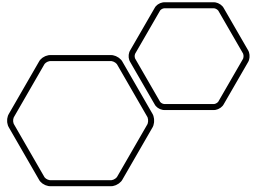
- Equipment Needed:

- A stop watch
- A ball

- Rules:

- You have to throw the ball up to yourself and catch it again. See how many times you can throw and catch the ball in 1 minute.

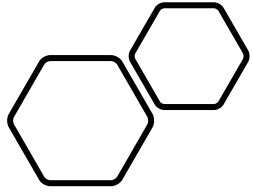




Leg Kicks

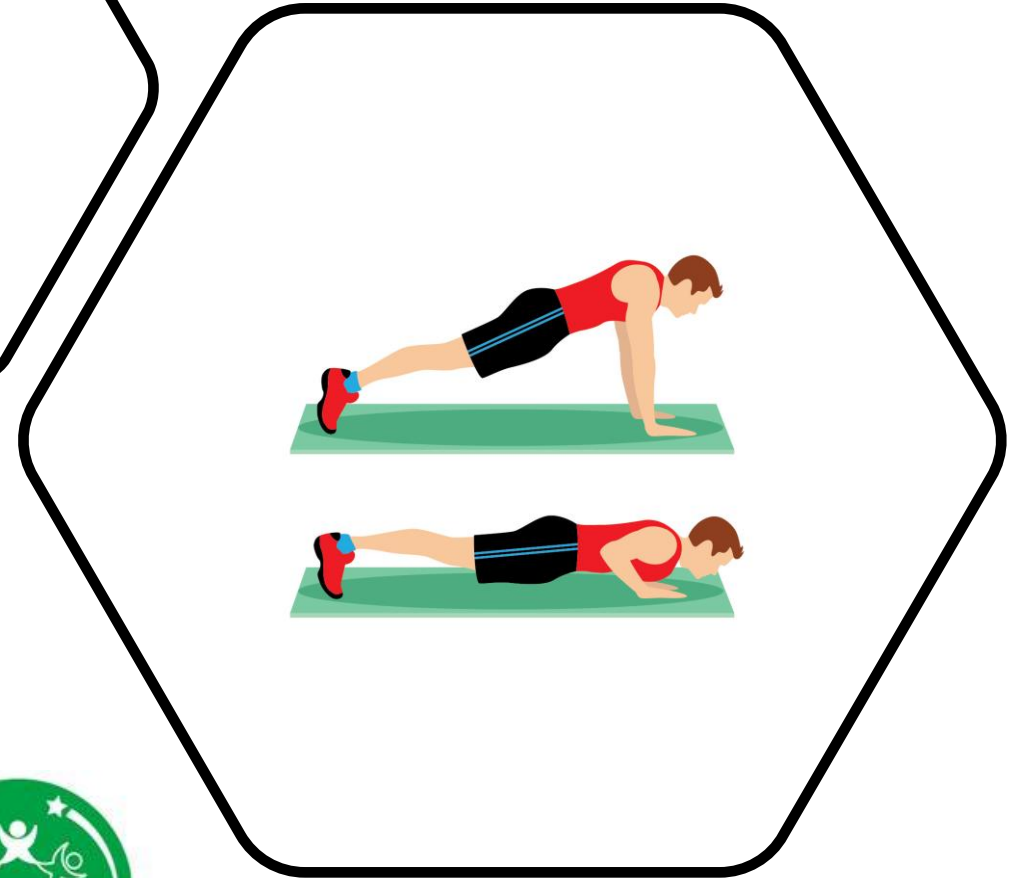
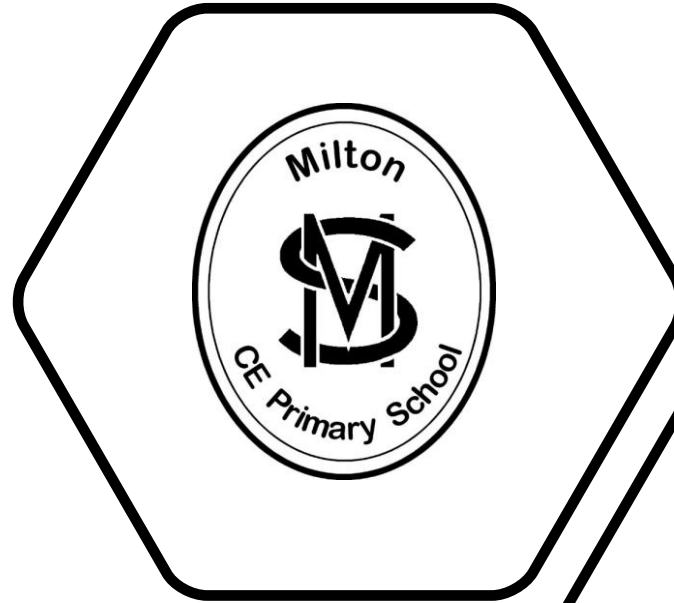
- Equipment Needed:
 - A stop watch
- Rules:
 - Lie on your back with your legs straight out in front of you. You then raise your legs alternately: 1 point per kick. You have 1 minute to see how many you can do.

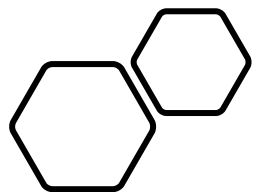




Press ups

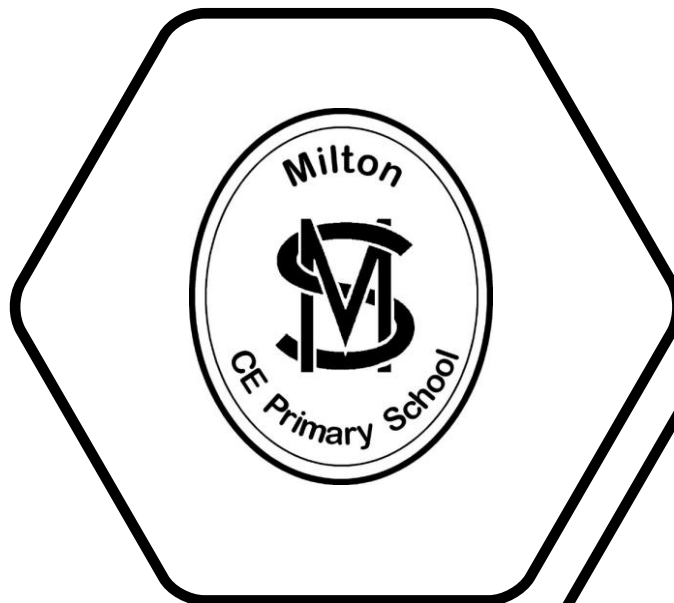
- Equipment Needed:
 - A stopwatch
- Rules:
 - You can either do these by placing your feet or knees on the floor. See how many you can do in 1 minute.





OWN CHALLENGE

- Equipment Needed:
 - ?
- Rules:
 - Come up with your own activity or challenge to finish your sports day



Virtual Sports Day



Thank you for taking part. We hope that you have had lots of fun!

Don't forget to send in any pictures, or your results table, to Miss Hawes rhawes@milton.cambs.sch.uk (by 10 am Wednesday 22nd July) if you are happy for them to be shared in the sports newsletter.