Archibald First School's Virtual Sports Day 2020!

A Sports Day for those at home and at school.



- Stopwatch/Timer
- Pillow/rolled blanket

Instructions:

- Two feet two feet jumps
- Jump side to side
- 1 minute limit

Scoring:

 1 point for every successful jump over the pillow/rolled blanket





- Pillowcase
- Measuring Tape
- Two markers

Instructions:

- Mark out a 4m distance using your measuring tape (use your markers here).
- Jump from one end to the other and back for 1 minute altogether.

Scoring:

• 1 point every time you reach a marker at either end.

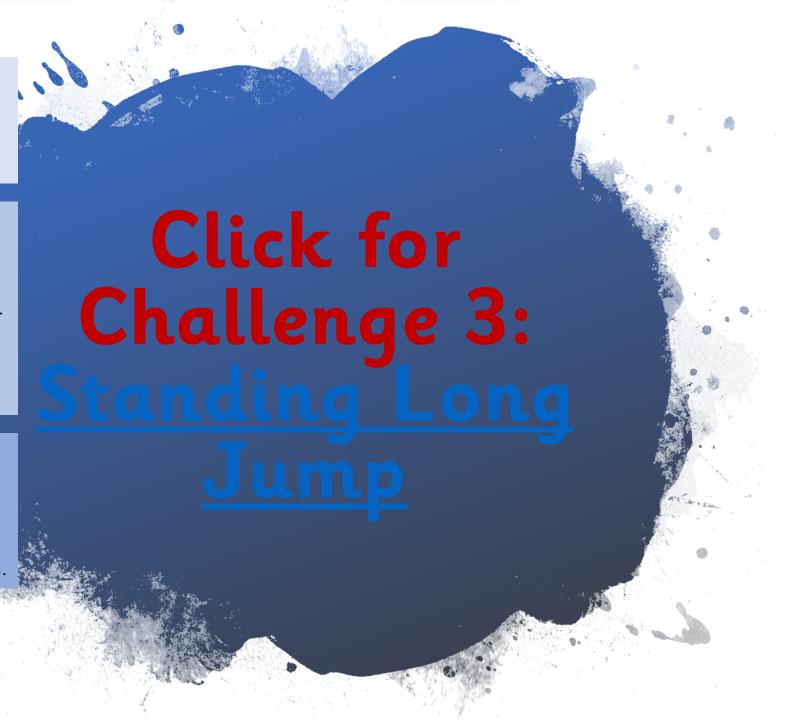
Measuring Tape

Instructions:

- Stand with feet together behind the 0 of your tape.
- Jump 2 feet to 2 feet.
- Measure distance from your <u>heel.</u>

Scoring:

- 1 point for every 10cm.
- Round up/down
 accordingly. E.g. 46cm =
 5 points, 62cm = 6 points.





• Ball

Instructions:

- Using two hands, run the ball around your waist
- 1 minute limit

Scoring:

• 1 point every time you pass your belly button.

- Ball
- Measuring Tape
- Three flat markers or cooking pots/basins

Instructions:

- Place a marker/pot at 1m,
 2m and 3m.
- Stand behind the O of your tape.
- Throw or roll to your targets.

Scoring:

- 1 point for each 1m throw
- 2 points for each 2m throw
- 3 points for each 3m throw





- Sponge
- Measuring tape

Instructions:

- Lie behind the O of your tape.
- Blow your sponge 3 times.
- Measure distance from the end closest to 0.

Scoring:

- 1 point for every 10cm.
- Round up/down
 accordingly. E.g. 46cm =
 5 points, 62cm = 6 points.

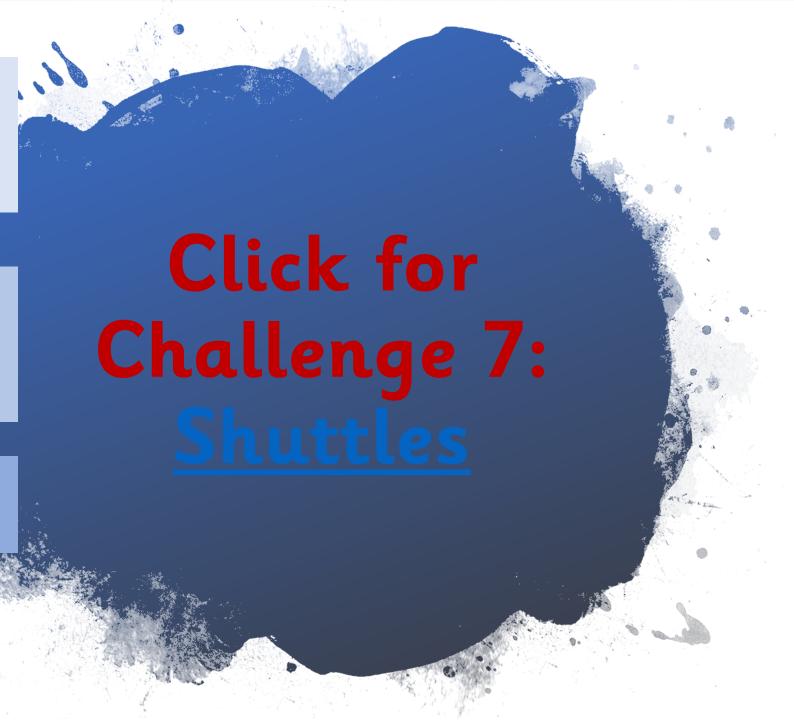
- Measuring Tape
- Two markers
- Timer

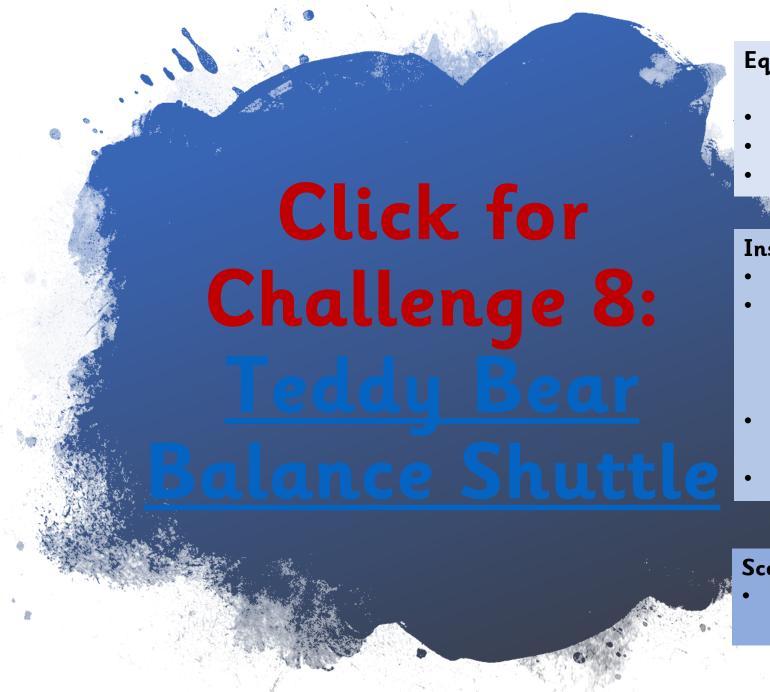
Instructions:

- Measure out 4m distance.
- Run as fast as you can between each marker.
- 1 minute time limit.

Scoring:

• 1 point each time you reach a marker.





- Your favourite teddy
- Measuring Tape
- Two markers

Instructions:

- Measure out 4m distance.
- Move as fast as you can between each marker whilst keeping the teddy balanced.
- Keep your hands off the teddy!
- 1 minute time limit.

Scoring:

• 1 point each time you reach a marker.

- Egg/Potato
- Spoon
- Measuring Tape
- Two markers

Instructions:

- Mark out a 4m distance using your measuring tape (use your markers here).
- Keep one had behind your back and move between each marker.
- Just pick it up and carry on if the egg falls!
- 1 minute time limit.

Scoring:

• 1 point each time you reach a marker.





- Basin of water
- Empty basin
- Cup
- Measuring Tape
- Two markers

Instructions:

- Mark out a 4m distance using your measuring tape (use your markers here).
- Keep one had behind your back and move between each marker/basin.
- Just pick it up and carry on if you drop it!
- 2 minute time limit.

Scoring:

• 1 point for every full cup added.

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Have fun everyone!

