



# **Archibald First School's Virtual Sports Day 2020!**

A Sports Day for those at home and at  
school.

### **Equipment:**

- 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

# Click for Challenge 1: Speed Bounce





# Click for Challenge 2: Pillowcase Shuttle

## Equipment:

- 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.

### Equipment:

- Measuring Tape

### Instructions:

- Stand with feet together behind the 0 of your tape.
- Jump 2 feet to 2 feet.
- Measure distance from your **heel**.

### Scoring:

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

# Click for Challenge 3: Standing Long Jump



# Click for Challenge 4: Around the World

## Equipment:

- Ball

## Instructions:

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

## Scoring:

- 1 point every time you pass your belly button.

### **Equipment:**

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

### **Instructions:**

- Place a marker/pot at 1m, 2m and 3m.
- Stand behind the 0 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

# Click for Challenge 5: Target Roll/Throw



# Click for Challenge 6: Sponge's Long Jump

## Equipment:

- Sponge
- Measuring tape

## Instructions:

- Lie behind the 0 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.



### **Equipment:**

- 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.

# Click for Challenge 7: Shuttles





# Click for Challenge 8: Teddy Bear Balance Shuttle

## **Equipment:**

- 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.

### Equipment:

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

### Instructions:

- Mark out a 4m distance using your measuring tape (use your markers here).
- Keep one hand 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.



# Click for Challenge 9: Egg and Spoon Shuttle

A large, dark blue water splash graphic with white droplets and splatters, serving as a background for the text.

# Click for Challenge 10: Water Relay

## **Equipment:**

- 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 hand 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!**