
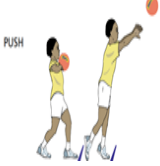



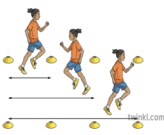
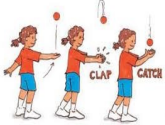



Virtual Sports Day

Training

<p><u>Stalk Balance</u></p> <p>Time how long you can balance on one foot.</p>	
<p><u>Chest Push</u></p> <p>How far can you throw a ball from your chest?</p>	
<p><u>Speed Bounce</u></p> <p>How many side to side jumps in 20 seconds?</p>	
<p><u>Egg and Soon Race</u></p> <p>Can you reach the end of room/garden and back without dropping egg/ball?</p>	
<p><u>Standing Long Jump</u></p> <p>How far can you jump from 2 feet to 2 feet?</p>	
<p><u>Shuttle runs</u></p> <p>How long to run to 1 metre and back then 2 metres and back then 3 metres and back?</p>	
<p><u>Throw/Clap/Catch</u></p> <p>Throw rolled up socks/ball in air. How many claps before you catch?</p>	
<p><u>Sock Put</u></p> <p>How far can you push rolled up socks/small ball from your neck?</p>	

Music from the Past

Your child can research music from the decade their parents, grandparents or other older family members were born. What were the most popular bands or singers during this time? Ask them to perform a song from this decade and create their very own dance routine to teach you. Encourage them to explain how they need to improve their performance in order to achieve their personal best.




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How many star jumps can you do in 30 seconds?




Can you beat your record?

Classroom secrets



How many times can you throw a ball, clap, then catch it in a minute?



Can you beat your record?

Classroom secrets

Fitness Challenge

Over the next 2 weeks can you run 10/15 or 20 laps /lengths of your garden every day. Can you beat your time each day?

Record your time on day 1 and your time on day 14. Did you improve?

Cheerleading Challenge

Using the cheer actions can you create your own cheer dance.

