

Virtual Sports Week

You have one week to complete as many challenges as you can!

Blindfold Balance	Partner Plank	Book Balance	Bunny Hops	Sit Down Stand Up
Plank	Not quite an Egg and Spoon Race	Gracefully roll onto your back	Skipping	How far can you jump?
Stepping up, stepping down	Tennis Racket Bounce	Throw & Clap	Washing Line Challenge	GO FOR IT !  GOOD LUCK !

BONUS POINT FOR YEAR 6: Complete the 'Dressing Up' race. Boys, you need to put 3 items of women's clothing on and girls you need to put 3 items of men's clothing on while running in between each.

Please share what you do with us on twitter/Class Dojo/Tapestry!

Virtual Sports Week - Activities

Bronze level: Complete 1 or 2 challenges.

Silver level: Complete 3-5 challenges.

Gold level: Complete 6+ challenges.

Please send evidence of all of the challenges you complete to Class Dojo or Tapestry (EYFS). Children will be able to print off and keep a certificate matching the challenges they have completed. This will be sent to you via Class Dojo or Tapestry.

Please note that these challenges will only be completed by Year 6 children in school, not the other groups; these are challenges to be completed at home.

Blindfold Balance: Get a blindfold and choose your strongest leg. How long can you balance on one leg blindfolded?

Partner Plank: Make a plank opposite your partner. When you are ready say go. How many high fives can you do in one minute?

Book Balance: How far can you travel without the book falling off your head?

Bunny Hops: How many bunny hops can you do in one minute? Start/finish each jump with both feet on the floor. How far can you travel with your bunny hops?

Sit Down Stand Up: You will need a chair. How many times can you sit down and stand up in one minute?

Plank: How long can you hold a plank for?

Not quite an egg & spoon Race: Use an apple/potato/anything round. How many laps of your garden/living room can you do without dropping the egg?

Skipping: How many skips can you do before you stop?

Gracefully roll onto your back and stand up: How many times can you gracefully roll onto your back and stand up in one minute?

How far can you jump? Standing Long Jump - start feet together, jump forward keeping your feet together. How far did you jump? Best of 3 jumps!

Stepping up, stepping down: How many times can you step up and down in a minute?

Tennis Racket Bounce: How many times can you bounce a ball before it falls off? If you don't have a racket and ball try using a frying pan and roll up a pair of socks into a ball.

Throw & Clap: How many times can you clap your hand between throwing a ball in the air and catching it again? You can always use a rolled up pair of socks if you do not have a ball.

Washing Line: How quickly can you peg five items on a washing line? Make sure each item has at least one peg.