

# **Friday 9<sup>th</sup> July 2020 – Home Learning**

## **English Task –**

Write the postcard

## **Maths Task –**

Counting in 5s, 10s

## **Topic –**

Virtual sports day

### **Welcome to our Virtual Sports Day 2020**

Sports Day is one of the great events in our school calendar and we couldn't let a little thing like a global pandemic stop us celebrating together. However, we do have to be safe and responsible, so this year we are going online!

## **Sports Day**

Bronze = 2 challenges

Silver = 3 – 7 challenges

Gold = 8 or more challenges

Blindfold balance	Partner plank	Book balance	Bunny hops	Sit down, stand up
plank	Not quite an egg and spoon race	Graceful roll onto back	skipping	How far can you jump?
Tennis racket bounce	Throw and clap	Washing line	Hurdles	Socks in the bucket

## **Balance challenge**

Get a blindfold

Choose your strongest leg

How long can you balance for on one leg blindfolded?

Plank partner perfection

Make a front support opposite your partner

When you are both ready say go

How many high fives can you do in one minute?

Book balance

No hands allowed

1 how far can you walk without the books falling off?

2 how long can you stand on one leg without the books falling off?

Bunny hops

How many bunny hops can you do in one minute?

Start and finish each jump with your hands and feet on the floor

How far can you travel with bunny hops?

### Chair sits

You need a chair

You need a stop watch

Count how many times you can sit down then stand up in one minute

You can do this if you have strong legs

How long can you hold a plank for?

Keep your body straight like a plank and hold still for as long as you can.

Not quite an egg and spoon race

Ask your adult what you can use. It could be an apple, potato or anything else round

How many laps of your garden or living room can you do in a minute without dropping your egg?

How gracefully can you roll onto your back and stand back up?

### Skipping

How many skips can you do before you stop?

How far can you jump?

Start with your feet together

Jump forwards keeping your feet together

How far did you jump?

How many times can you bounce a ball on a tennis racket before it falls off?

You can always use a frying pan and socks in a ball

Throw and clap

How many times can you clap between throwing a ball in the air and catching it again?

You can use a pair of socks if you don't have a ball

Washing line challenge

How quickly can you peg 6 items on a washing line?

Every item has to have at least 1 peg.

Hurdles

Lay out 3 items jump over them

How many times can you do it in 30 seconds?

Socks in the bucket