***All Saints’ Virtual Sports Day***

Our first ever ‘Virtual Sports Day’ will be taking place for all Year Groups to take part in. The virtual sports day will run from **Monday 6th July – Friday 10th July**, with each child (and staff member) to complete each challenge.

Each challenge is attached to this letter with instructions of what to do. Also included is a form to complete, with your child's name, year group, house and score. This can then be sent to 6T@allsaintsilkley.bradford.sch.uk

After the five days is up we will be adding the points and will be announcing the results and the winning house of Sports Day 2020. Good Luck!

|  |  |  |  |
| --- | --- | --- | --- |
| Name: Year Group: House: | | | |
| Activity | Bronze | Silver | Gold |
| Around the world |  |  |  |
| Burpees |  |  |  |
| Speed bounce |  |  |  |
| Star jumps |  |  |  |
| Catch and clap |  |  |  |
| High knees |  |  |  |
| Wall sit of doom |  |  |  |
| The crab dance |  |  |  |

Please e-mail completed forms to: 6T@allsaintsilkley.bradford.sch.uk

***Virtual Sports Day challenges***

***60-second challenge - Around the world***

**How many times can you pass the ball around your waist in 60 seconds?**

If you drop the ball, you need to pick it up and carry on quickly.

**Equipment:** A ball

**Achieve Gold** - 50 times around your waist

**Achieve Silver** - 40 times around your waist

**Achieve Bronze** - 30 times around your waist



***60-second challenge - Burpees***

**How many burpees can you complete in 60 seconds?**

Make sure you extend your legs back once you have lowered yourself to the ground.

**Equipment:** Just yourself and enough space on the floor and above your head.

**Achieve Gold** - 30 burpees

**Achieve Silver** - 20 burpees

**Achieve Bronze** - 10 burpees



***Virtual Sports Day challenges***

***60-second challenge - Speed bounce***

**How many times can you bounce over a pillow in 60 seconds?**

Both feet must land over the pillow for the jump to count.

**Equipment:** A pillow. If you do not have a pillow, jump over a safe object.

**Achieve Gold** - 80 bounces

**Achieve Silver** - 60 bounces

**Achieve Bronze** - 40 bounces





***60-second challenge - Star jumps***

**How many star jumps can you complete in 60 seconds?**

Make sure that you clap your hands above your head and bring your feet together.

**Equipment:** Just yourself and enough space on the floor and above your head.

**Achieve Gold** - 60 star jumps

**Achieve Silver** - 45 star jumps

**Achieve Bronze** - 30 star jumps



***Virtual Sports Day challenges***



***60-second challenge - Catch and Clap***

**How many times can you throw a ball up and catch it, in 60 seconds?**

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**Equipment:** A ball. If you do not have a ball, use a toilet roll or pair of socks.

**Achieve Gold** - 35 catch and claps

**Achieve Silver** - 25 catch and claps

**Achieve Bronze** - 15 catch and claps



***60-second challenge - Bean bag throw***

**How many times can you throw a beanbag into a hoop in 60 seconds?**

Stand three large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

**Equipment:** A beanbag and hoop. If you do not have a beanbag or hoop, why not use a pair of socks and a washing basket instead.

**Achieve Gold** - 30 throws

**Achieve Silver** - 25 throws

**Achieve Bronze** - 20 throws





***Virtual Sports Day challenges***

***60-second challenge - Wall-sit of DOOM!***

**How long can you hold on without falling?**

Squat up against a wall keeping your thighs and lower legs at a right-angle from one another. If you stop, the challenge is over and your time is that from when you stopped.

**Equipment:** A wall that is flat and comfortable to lean against.

**Achieve Gold** - 60 seconds

**Achieve Silver** - 40 seconds

**Achieve Bronze** - 20 seconds





***60-second challenge - The Crab Dance***

**How many times can you run like a crab from one side to another?**

Side step (like a crab) from one cone to anther. Your cones should be 5-metres apart and you MUST look silly.

**Equipment:** Two cones. If you don’t have cones, you could use a t-shirt as a marker. This will be best done outside.

**Achieve Gold** - 35 catch and claps

**Achieve Silver** - 25 catch and claps

**Achieve Bronze** - 15 catch and claps





