



Isleham CE Primary School

Lockdown Virtual Sports Day 2020





Venue: Your house
Date: 13-17th July 2020

Competitors: Your household

Look through the next slide for ideas for your own virtual sports day.
Upload a PicCollage or photo of your sporting events and the results to
your portfolio. Good luck and enjoy!



ROUND 1: SOCK THROW

How many pairs of socks can you throw into a bucket (from 2m distance) in 30 seconds?

BRONZE = 3-6

SILVER = 7-11

GOLD = 12+





ROUND 2: STAR JUMPS

How many star jumps can you do
in 30 seconds?

BRONZE: 10-20

SILVER: 21-29

GOLD: 30+





ROUND 3: EGG & SPOON RACE

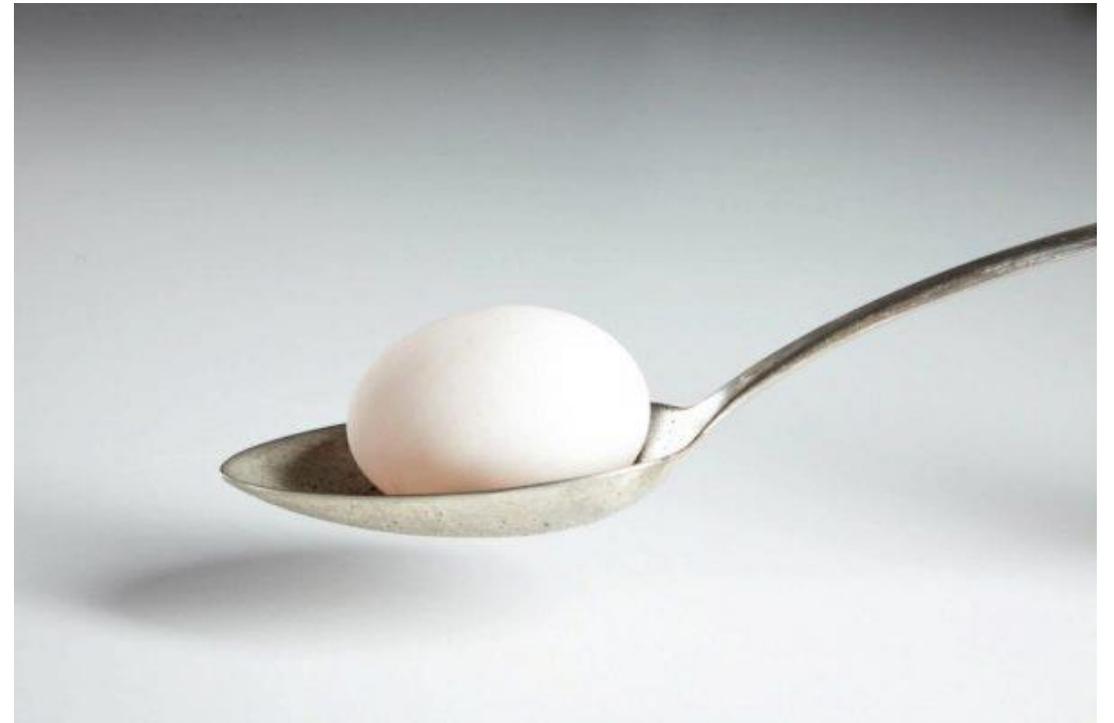
Ask an adult to boil an egg to use in an egg and spoon race with members of your family.

If you don't have eggs, you can use a potato, plum or any round or oval shaped fruit. You might need a slightly bigger serving spoon!

BRONZE: Third place

SILVER: Second place

GOLD: First place





ROUND 4: LONG JUMP

How far can you jump starting on two feet and landing on two feet?

BRONZE: 80cm+

SILVER: 100cm+

GOLD: 120cm+





ROUND 5: SPEED BOUNCE

Jump over a small object / barrier as many times as you can from side to side in 30 seconds.

BRONZE: 8-12

SILVER: 17-23

GOLD: 24+





ROUND 6: 'KEEPY-UPPIES'

How many 'Keepy Uppies' can you do before losing control?

Use your hands OR feet. Use any ball OR socks OR a toilet roll!



Feet

BRONZE: 3-5

SILVER: 6-9

GOLD: 10+

Hands

BRONZE: 4-9

SILVER: 10-14

GOLD: 15+



How did you do?

Upload a PicCollage or photo of your sports day, and your results, to your portfolio.

