



## Westwood First School - Virtual Sports Days June 22<sup>nd</sup> – 26<sup>th</sup> 2020

As we can't hold Sports Days at school this year, Mrs Preece has organised for us to have a virtual sports day! All the activities take 60 seconds each so have a go at as many as you can and you could reach bronze, silver or gold level. You can use everyday objects from home instead of the PE equipment listed.

### What you need to do:

Reception (class 1 and 2) have a choice of 6 activities – 1 to be completed each day over a week (5 in total). Choose the Bronze level activities from each card.

KS1 (class 3, 4, 5, 6) have a choice of 12 activities – 2 to be completed each day over a week (10 in total). Choose the Silver level activities from each card.

KS2 (class 7, 8, 9, 10) have a choice of 18 activities – 3 to be completed each day over a week (15 in total). Choose the Gold level activities from each card.

Scoring and Certificates – you must reach your own required level on each challenge to be successful (so Reception must do at least the Bronze level for each activity, KS1 do the Silver level, KS2 do the Gold level)

### Reception

- Gold – 4 or 5 activities completed to bronze level
- Silver – 2 or 3 activities completed to bronze level
- Bronze – 1 activity completed to bronze level

### Activities

1. Air balloon
2. Around the world
3. Beanbag throw
4. Fast Feet
5. Figure of 8
6. Obstacle course

### KS1

- Gold – 8, 9 or 10 activities completed to silver level
- Silver – 6 or 7 activities completed to silver level
- Bronze – 5 or lower activity completed to silver level

### Activities

1. Air balloon
2. Around the world
3. Beanbag throw
4. Bunny jumps
5. Catch and clap
6. Fast Feet
7. Figure of 8
8. Obstacle course

9. Skipping
10. Speed bounce
11. Step ups
12. Tap up tennis

KS2

- Gold – 13, 14 or 15 activities completed to gold level
- Silver – 11 or 12 activities completed to gold level
- Bronze – 10 or lower activity completed to gold level

Activities

1. Air balloon
2. Around the world
3. Beanbag throw
4. Bunny jumps
5. Burpees
6. Catch and clap
7. Climb the mountain
8. Fast Feet
9. Figure of 8
10. Obstacle course
11. plank
12. Skipping
13. Speed bounce
14. Squat jumps
15. Star jumps
16. Step ups
17. Tap up tennis
18. Tuck in, tuck out

**Results Score Cards**

Reception

Activity	Air balloon	Around the world	Beanbag throw	Fast feet	Figure of 8	Obstacle course
Required score	Lose 2 lives	30 times	20 throws	12 dribbles around cone and back	15	15 points
Your score						

KS1

Activity	Air balloon	Around the world	Beanbag throw	Bunny jumps	Catch and clap	Fast feet
Required score	Lose 1 life	40 times	25 throws	60 jumps	25 catch and claps	18 dribbles around cone and back
Your score						

Activity	Figure of 8	Obstacle course	Skipping	Speed bounce	Step ups	Tap up tennis
Required score	25	30 points	50	60	45	45
Your score						

KS2

Activity	Air balloon	Around the world	Beanbag throw	Burpees	Bunny jumps	Catch and clap
Required score	Lose 0 lives	50 times	30 throws	30	80 jumps	35 catch and claps
Your score						

Activity	Climb the mountain	Fast feet	Figure of 8	Obstacle course	Skipping	Speed bounce
Required score	40	24 dribbles around cone and back	35	45 points	70	80
Your score						

Activity	Squat jumps	Star jumps	Step ups	Tap up tennis	The plank	Tuck in, tuck out
Required score	30	60	70	60	60 seconds or more	15
Your score						