

## St. Margaret's Virtual Sports Day Activities

Activity	Instructions
Bat and Ball Bounce	Using a bat and ball or something else you have in your house for example a book and rolled up pair of socks, see how many bounces you can do in 1 minute. Each bounce counts as 1 point.
Star Jumps	How many star jumps can you do in 1 minute? Each star jump counts as 1 point.
Running Game	Set out 2 markers 4metres apart. Run between the markers. Each time you get back to the starting point you score 1 point. How many can you do in 1 minute?
Standing Long Jump	Use an object to make a starter line e.g. a stick. Stand behind the starter line with both feet together and jump as far as you can. Make sure you keep both feet together and land with both feet together. You have 3 attempts. Measure each attempt and record your best. You score 1 point for every cm.
Throw and Catch	Using a ball or a different object you have at home for example a rolled up pair of socks. Throw the object up and catch it. How many can you catch in 1 minute? Each catch is 1 point.
Leg Kicks	Lay on your back with your legs out straight in front of you. Raise your legs alternately. How many can you do in 1 minute? Each single leg raise is 1 point.
Speed Bounce	Get an object such as a shoe or skipping rope and place it on the floor. Keeping both feet together jump over your object. How many can you do in 30 seconds? Each single jump is 1 point.
Target Throw	Get 3 objects that are suitable to throw and a target to throw them into such as a bucket or plant pot. Place the target 3 metres away. 1 point for every object you get in.
Sack Race	Set out 2 markers 2 metres apart. If you have a sack or something similar such as a bag or pillow case, then get in it at the starter marker and jump all the way to the second marker and back again. Each time you get back to the starter marker you get one point. How many can you do in 1 minute? Don't worry if you don't have something to use as a sack. You can still take part but make sure you jump with both your feet together all the way.
Step Ups	Using a step, step up and down. Do not jump. When both feet are back on the floor that's 1 step complete. You get 1 point for each completed step. How many can you do in 1 minute?
Egg & Spoon Balance	Set out 2 markers 2 metres apart. Then starting at the first marker and using an egg and spoon, a bat and ball, a book and a pair of rolled up socks or something similar walk to the second marker and back again. Each time you get back to the starter marker you get 1 point. How many can you do in 1 minute? The skill is to balance the item, so you are not allowed to hold it still. If it falls off you need to stop and place the item back on.
Balancing on One Leg	How long can you balance for? As soon as you touch the ground, a wall or an object to stop you falling you need to stop. Each second is 1 point.
Running with High Knees	Run on the spot and lift your knees high to your chest. How many can you do in 1 minute? Every knee up is 1 point.