

# Fenstanton and Hilton Virtual Sports Day 2020!



Since we are unable to have a Sports Day at school this year, we have decided to run a virtual sports day that you can take part in at home.

There will be 10 different challenges for you to complete at home or in your bubbles. Including, a drawing competition. You will be able to earn an award for completing the challenges.

This years virtual sports day will take place Week Beginning 29<sup>th</sup> June. For those who are at home, you will have a week to complete the activities You will need to complete a questionnaire and upload photos before 10pm on Friday 6<sup>th</sup> July. The questionnaire will be added onto your Google Classroom.



## Scoring

On the questionnaire you will be asked to write in the time or number for each challenge. Then for each year group and bubble we will be awarding either a bronze, silver or gold certificate. Also, 1 child will be selected for a platinum award, this will be given to a child that has the best overall score in their class.

**Bronze award:** 2 challenges completed.

**Silver award:** 3 to 6 challenges completed.

**Gold award:** 7 or more challenges.

**Platinum award:** best overall score.

# Your 10 challenges are...

## Challenge 1 - Blindfolded Balance

You will need a blindfold for this challenge. Once you have the blindfold on, stand on your strongest leg. How long can you balance on one leg for?



## Challenge 2 - Star Jumps

How many star jumps can you do in 1 minute?



### Challenge 3 - Bunny Hops

How many bunny hops can you do in one minute?



### Challenge 5 - Plank

How long can you hold a plank for?

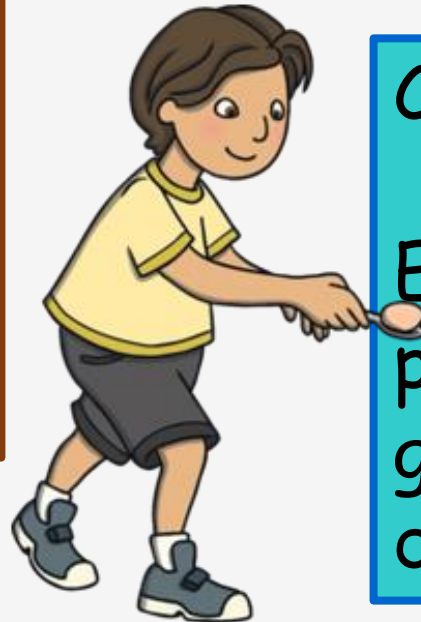


### Challenge 4 - Book balancing

No hands allowed. Grab 2 or 3 books and place them on your head.

How far can you walk without the books falling off your head?

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



### Challenge 6 - Egg and Spoon Race

Either using an egg, apple or potato. How many laps around your garden can you do without dropping the egg?

## Challenge 7 - Taekwondo

Left side punch, right side punch and kick. How many can you do in 1 minute?



## Challenge 8 - Standing Long Jump

How far can you jump? Use a measuring tape to measure.



## Challenge 9 - Washing Line

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



## Challenge 10 - Bat and ball

Using either a bat and ball or a frying pan and soft ball/sock. How many times can you bounce a ball on your bat?

Print this page off and design your own Virtual Sports Day trophy.  
Please remember to write your name and year group.

