

VIRTUAL SPORTS DAY Monday 13th July- Wednesday 15th July -2020

<p>How many socks can you throw in a bucket or bin in 30 seconds? Take 3 big steps to find your distance.</p> <p>Gold = 12+ Silver=7-11 Bronze= 3-6</p>	<p>Throw a ball in the air, clap as many times as you can and then catch the ball again!</p> <p>Gold = 6+ Silver= 4-5 Bronze= 1-3</p>	<p>How long can you stand on one leg...BLINDFOLDED!</p> <p>Gold= Over 2 mins Silver = 1min – 2mins Bronze= 20sec – 39 sec</p>	<p>How many times can you sit down onto a chair/sofa and stand up again without using your hands in 1 minute?</p> <p>Gold= 24+ Silver= 17-23 Bronze= 10-16</p>
<p>How many jumping jacks can you do in 30 seconds?</p> <p>Gold = 30+ Silver 21-29 Bronze= 10-20</p>	<p><i>Let your light shine!</i></p>		<p><u>Speed Bounce</u> Jump over a small object as many times as you can in 30 seconds!</p> <p>Gold= 20+ Silver= 13-19 Bronze= 8-12</p>
<p><u>Standing Long Jump</u> How far can you jump starting on two feet and landing on two feet?</p> <p>Gold = 1m 10cm + Silver= 80cm Bronze= 50cm+</p>	<p>How many times can you bounce a ball on a tennis racket? Or bounce a pair of socks in a frying pan? 30 seconds</p> <p>Gold= 9+ Silver= 5-8 Bronze= 1-4</p>	<p>How many 'step-ups' can you do in 30seconds? Use the bottom stair or the pavement!</p> <p>Gold= 20+ Silver= 13-19 Bronze= 7-12</p>	<p>How many 'keepy-uppys' can you do? Use your hands or your feet. Use a ball or socks or toilet roll!</p> <p>Gold= 15+ Silver 10+ Bronze= 4-9</p>

Send in a video or photograph of you completing the challenges to your teacher and the school Facebook page. Let us know which medals you have achieved and your house colour. Results must be in by Thursday 16th July 12pm. Good Luck!