

Wreningham's Virtual Sports Day!

Video - Introduction by Mrs Furness

Please complete these activities during the week beginning 29th June 2020 and send a photo/return this form to bethany.furness@wreningham.norfolk.sch.uk before/on Friday 3rd July 2020.

Please watch the demonstration videos for each event before you start.

I hope you all enjoy these activities! Send us photos of you taking part for us to include on the weekly newsletter. We love to see your happy smiley faces!

The winning house will be announced the following week. Be honest with your results please 😊

Mrs Furness

For your garden or an open space to run in!

- **Rec/Y1/Y2 10 x 5 shuttle run/Y3-Y6 20 x 5 shuttle run**, set out a 'running lane' which is 5 metres long and mark it with some cones or objects. Get someone to time you running back and forth, turning between your objects each end - 10/20 times. [Demonstration](#)
- **Target throw**, set up a starting point and a basket 3 metres away. Have 3 attempts to throw a ball or a rolled up pair of socks into the basket. You score 4 points if the object goes into the basket. Then move the basket to 5 metres away and have 3 attempts again. There is a total of 24 points to be won. [Demonstration](#)
- **The Chest Push**, set up a tape measure so the distance of your throws can be measured. The throwing line will be at the start of your tape measure on 0. Get a football/basketball/any large type of ball/rolled up jumper. Take 4 throws and measure each one to see if you can improve your score.

Keep your feet still, bend your knees and PUSH the ball from your chest (not throw) as far as you can. You will need someone to help you measure.

Demonstration

- **Standing Long Jump**, set up a tape measure so the distance of your jumps can be measured. The starting line will be at the start of the tape measure. Standing at the starting line (no run up), bend your knees and jump as far as you can, swinging your arms to help! Remember to bend your knees as you land and keep your balance. Get somebody to record the distance of each jump (4 jumps in total). Record the measurement from in line with the back of your foot. Demonstration

- **Hurdles**, set up a straight running track 5 metres long with two hurdles, you can use rolled up towels or random objects for these. The aim is to run down the track, jumping over each hurdle! Repeat this running up and down the track 10 times in total! Get someone to time how quickly you do it.
Demonstration

- **Balance Challenge**, place a blind fold over your eyes and choose your strongest leg to balance on. How long can you balance on this leg blindfolded? Get someone else to time you! Demonstration

- **Skipping Challenge**, you will need a skipping rope or piece of rope. See how many skips you can do in 1 minute without stopping, you may want someone else to count for you! Demonstration

- **Ball & Racket Challenge**, You will need a small ball and racket, or you could use a frying pan and pair of rolled up socks! See how many times you can bounce the ball/socks before they roll off! Demonstration

- **Speed Bounce**, roll up a towel and lay it on the floor. Stand to one side of the towel and jump back and forth over it. Count how many jumps you can do in 20 seconds. Both feet have to touch the floor on each side of the towel. Demonstration

Name:

Year:

House group:

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10x5/ 20x5 shuttle run	Time:			
Target Throw	Score:			
Chest Push	Try 1	Try 2	Try 3	Try 4
Long Jump	Try 1	Try 2	Try 3	Try 4
Hurdles	Time:			
Balance	Time:			
Skipping	How many?			
Ball & Racket	How many?			
Speed Bounce	How many?			