

ROSSTULLA'S VIRTUAL SPORTS DAY CHALLENGES!



Monday 15th-19th June 2020

SPORTS DAY IS ONE OF THE GREAT EVENTS OF OUR SCHOOL
CALENDAR AND WE COULDN'T LET A LITTLE THING LIKE A
GLOBAL PANDEMIC STOP US CELEBRATING TOGETHER.
COMPLETE ALL 14 ACTIVITIES & UPLOAD A VIDEO CLIP OR PHOTO
TO YOUR TEACHER!

Sports Day!

Blindfold Balance	Partner Plank	Book Balance	Bunny Hops	Sit Down, Stand Up
Plank	Not quite an egg & spoon race	Graceful roll onto your back	Skipping	How far can you jump?
Taekwondo Challenge	Tennis racket bounce	Throw & Clap	Washing Line	 <small>gg03886608-060409.com</small>



BALANCE CHALLENGE

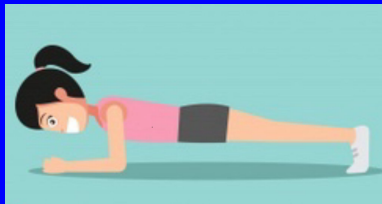
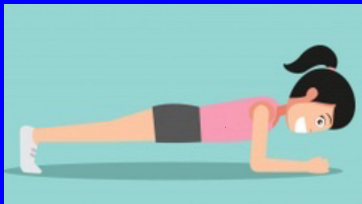
*GET A BLIND FOLD.
CHOOSE YOUR STRONGEST LEG.
HOW LONG CAN YOU BALANCE ON ONE LEG BLINDFOLDED?*



PLANK PARTNER PERFECTION

MAKE A FRONT SUPPORT OPPOSITE YOUR
PARTNER.

WHEN YOU ARE READY SAY GO!



HOW MANY HIGH FIVES CAN YOU DO IN
ONE MINUTE?

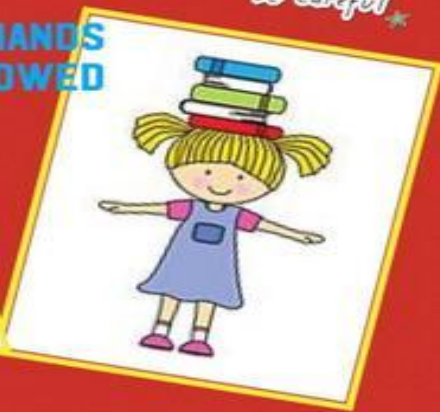
BOOK BALANCING

be careful

NO HANDS
ALLOWED



be careful



STAY
HOME

1 - HOW FAR CAN YOU WALK
WITHOUT THE BOOK FALLING
OFF YOUR HEAD?



2 - HOW LONG CAN YOU STAND ON
ONE LEG WITHOUT THE BOOK
FALLING OFF?

PIC•COLLAGE



HOW MANY
BUNNY
HOPS CAN
YOU DO IN
A MINUTE?

START AND FINISH EACH
JUMP WITH YOUR HANDS
AND FEET ON THE FLOOR.

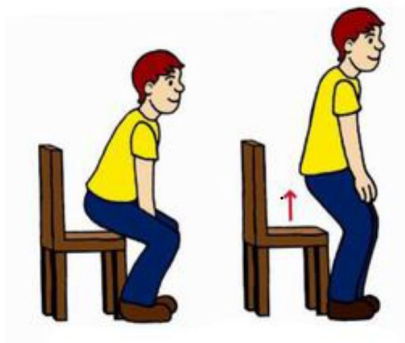
HOW FAR
CAN YOU
TRAVEL
WITH 5
BUNNY
HOPS?



PIC•COLLAGE

YOU NEED A CHAIR & A STOPWATCH

COUNT HOW MANY TIMES YOU CAN SIT DOWN THE
STAND UP IN ONE MINUTE.



YOU CAN DO
THIS IF YOU
HAVE STRONG
LEGS!

BRONZE LEVEL = 30 OR MORE

SILVER LEVEL = 50 OR MORE

GOLD LEVEL = 60 OR MORE

How long can you hold a plank for?



Keep your body straight like a plank and hold still for as long as you can.



Not quite an egg & spoon race

Ask your adult what you can use. It could be an apple, potato or anything else round.

How many laps of your garden or living room can you do in a minute without dropping your egg?





*How gracefully can
you roll onto your back
and stand back up?*



SKIPPING CHALLENGE



**HOW MANY SKIPS
CAN YOU DO BEFORE
YOU STOP?**

PIC-COLLAGES

How far can you jump?



STANDING LONG JUMPS

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Start with your feet together

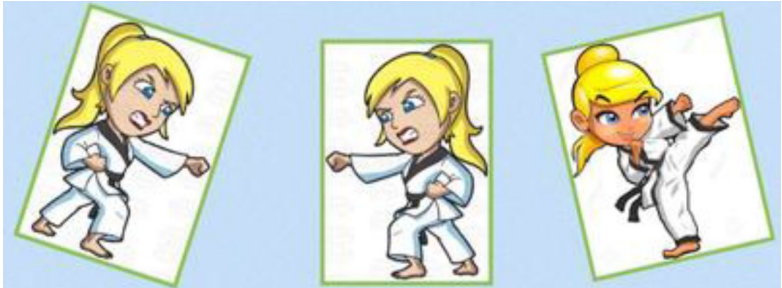
***Jump forward keeping your
feet together***

How far did you jump?

PIC•COLLAGE

TAEKWANDO CHALLENGE
CHOOSE YOUR LEVEL.
RECORD YOUR PERFORMANCE.

LEFT SIDE PUNCH, RIGHT SIDE PUNCH, KICK.



PRO LEVEL
HOW MANY SETS CAN YOU DO IN 60 SECONDS?

AMATEUR LEVEL
HOW MANY SETS CAN YOU DO IN 30 SECONDS?

FUN LEVEL
PERFORM YOUR MOVES TO YOUR FAVOURITE MUSIC, CAN YOU KEEP GOING UNTIL THE END?



**How many times can
you bounce a ball on a
tennis racket before it
falls off?**



**You can always use a frying
pan and socks in a ball**


THROW & CLAP




HOW MANY
TIMES CAN
YOU CLAP
BETWEEN
THROWING
A BALL IN
THE AIR
AND
CATCHING
IT AGAIN?

YOU CAN USE A PAIR OF SOCKS
IF YOU DON'T HAVE A BALL.


PIC•COLLAGE



Washing Line challenge



How quickly can you
peg 5 items on a
washing line?



Every item
has to have
at least 1
peg.

