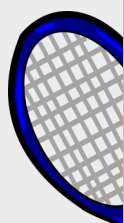




Cambridgeshire and Peterborough Virtual School Games

SPORTS DAY!



Active Challenge

Monday

Sack Race

You need a sack (old pillow case, woven shopping bag), 2 markers and a timer.

Place the markers 10 strides apart . Practise first and then ask someone to time you to jump in the sack from 1 marker to the other. Just jump if you can't find a sack!

Can you beat your time or challenge someone else to a race!

Tuesday

Wastepaper Basketball

You need a scrunched up paper ball and a target such as a bin or cardboard box.

Stand 1 step away from the target and throw the paper in to the bin. Every time you succeed, take a step back and see how many steps you can get to.

Now try this with a ball or challenge someone else to a game.

Wednesday

Catch and Clap

You only need a ball for this!

Throw the ball up in to the air. Clap your hands once and catch the ball.

Repeat this but clap twice, then 3 times, 4 times etc. How many claps can you get to without dropping the ball?

To make this harder, touch the floor or jump over a line before clapping!

Thursday

Egg and Spoon Race

You need 2 markers, a timer and a hard boiled egg and a spoon! Or you could use a ball and a racket.

Place the markers 10 strides apart . Ask someone to time you to run from 1 marker to the other carrying the egg on the spoon.

Can you beat your time or challenge someone else to a race!

Friday

Design a game or race

If you can, work with a partner and come up with a game or race to challenge others in school or at home.

This could be a running/ jumping/hopping/skipping race or a throwing game with a ball or bean bag.

Be creative and send us a video of your ideas.

Cross Curricular

Find out what year the modern Olympics started. How many years ago is that? What country were they first held in?

Michael Jordan is a famous basketball player. How many cms taller than you is he? On a wall mark out your height and his height to see the difference. Wow!

Hard boil an egg for tomorrow's challenge! Decorate it with pictures of sports equipment or your favourite sports person.

Add together: time in seconds for sack race and egg and spoon race, number of steps in basketball challenge and claps in catch and clap. What is your answer?

Who is your favourite sports person and why? Draw a picture of them and write some facts about them around the picture.

Twitter & Facebook

Children are encouraged to submit photos and videos of themselves and their families completing the challenges. Entries must include a school name and can be submitted via any of our social media platforms or emailed to schoolgames@livingsport.co.uk

@SouthCambsSSP
@HuntsSSP
@CambridgeSSP
@witchfordSSP
@StangroundAcad
@cambspborosg

South Cambs School Sports Partnership
Hunts School Sports Partnership
Cambridge SSP
Witchford Sports Partnership
Stanground Academy
Cambridgeshire and Peterborough School Games

