Virtual Sports Week

Every year we take part in Sports Day in Greenwich Park and it is always wonderful to see everyone taking part. This year we will be taking part in Sports Day at home!

There will be 7 events and we will be completing these on from Monday 29th June – Thursday 2nd July 2020. Encourage everyone in your household to take part!

Event 1	Running Race	Can you run for 1 minute? To complete this event you could: • Run around the house • On the Spot • In the garden • In the park
Event 2	Egg and Spoon	Can you walk the length of your garden/room in your house carrying an egg and spoon? What could I use instead of an egg and spoon? • Golf ball and spoon • Bouncy ball and spoon • Rolled up pair of socks and spoon
Event 3	Under Arm Throwing	Can you throw a ball in to a target 5 times? What could I use? • A ball of any size • Rolled up socks • Beanbags What could I use as a target? • Hula hoop • Bucket • Saucepan • Laundry basket
Event 4	Standing long jump	Stand still with legs together, place a marker to show where the starting point is. Swing arms back, bend knees and jump forward. Measure the distance from start to finish.
Event 5	Object Balancing	Place a beanbag on your head and walk as far as you can in 1 minute – around your house, or pick a room in your house to walk around or in your garden. What could I use as a beanbag? • Fold a tea towel and hold together with an elastic band.
Event 6	Lunges	How many lunges can you do in 1 minute? Remember to do the lunges on both legs.
Event 7	Three Legged Race	Stand next to a partner (someone from your household) and tie a scarf/piece of material around your legs. Walk the length of a room or garden. Remember to walk together!

Please email Miss Dingley with photos and fill out the online form to show how you and your family did in our Virtual Sports Day.

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