



Birches First School

Believe, Grow, Succeed



Birches Stay at Home Sports Day!

Yesterday was meant to be our Sports day; unfortunately, we won't get a chance to do this together this year. But why not bring Sports day into your household, you could compete against your family!

You can choose a selection of the activities or
can you do all these challenges in a day?

Whichever activities you do, you will get an automatic point, as it is the participation that counts. You'll also get a chance to win a bonus point. Record your points on a piece of paper. There is also a certificate that you can print out! –

<u>Sport/Activity</u>	<u>Get a point</u>	<u>Bonus Point</u>
<p>How many hand keepie uppies can you do?</p> <p>Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air.</p>	If you participate in this challenge	Highest amount of keepie uppies gets the point
<p>Rubbish bin Basketball- Who can shoot the scrunched up paper into the bin? 5 attempts you get only.</p>	If you participate in this challenge	<p>1 bonus point if you get it in</p> <p>1 bonus point for most creative way to throw your shot.</p>
<p>How many claps can you do when you throw the ball up in the air?</p>	If you participate in this challenge	Highest amount of claps gets the point
<p>Hop, skip, Jump- How far can you jump?</p> <p>If you don't have enough space just do a standing long jump. Stand in one place and see how far you can jump.</p>	If you participate in this challenge	Highest distance gets the point
<p>Egg and Spoon- How many lengths of the garden/room can you do in a minute? If you drop it pick it up and carry on.</p>	If you participate in this challenge	<p>Highest number of lengths gets a point</p> <p>If you succeed the whole minute without</p>

If you don't want to use an egg choose something else.		dropping it you also get a point
Can you sprint for 30 secs on the spot?	If you participate in this challenge	Whoever sprints for the whole time without stopping you get a point
How man sit ups can you do in a minute?	If you participate in this challenge	Whoever gets the highest amount of sit-ups gets a point.
Water race. Fill a bowl with water, fill a cup and race to the other bowl/sink. Run back. How many cups of water can you put in the bowl/sink in a minute.	If you participate in this challenge	Whoever fills the most cups of water up gets the point.
Speed bounce- how many jumps can you do in a minute over an object?	If you participate in this challenge	Highest amount of Jumps wins the point.
Bin bag/ pillow case race- get a bin bag how long does it take you to get from one side of the garden/room and back. If there is enough space all race together at the same time.	If you participate in this challenge	Quickest Time Wins the point Or whoever wins in the race wins a point
Golf target challenge Use a cup/pan on its side for the hole. Use a golf ball/tennis ball/scrunched up paper and shoot it into the cup/pan using hands/feet. You decide on distance you shoot from. 5 attempts	If you participate in this challenge	If you get it in you get a point

Obstacle Course Make up your own obstacle course. E.g. Crawl under the table, slide along the floor, step across the chairs, walk across the sofa, go into your bedroom and jump on the bed once.	If you participate in this challenge	Fastest to complete the course gets a point
How many times can you throw a ball into a bucket/pan in a minute?	If you participate in this challenge	Person who throws it in the most gets a point
How long can you hold a balance for?	If you participate in this challenge	Person holding the balance for the longest gets a point
Three Legged Race Choose a partner. Time how long it takes you to get from one side of the garden/room and back. If there is enough of you and space, have a three legged race at the same time.	If you participate in this challenge	If you do a three legged race with the family- whichever pair wins gets the bonus point.

Stay at Home Sports

Congratulations to _____
for _____ taking part in the 2020 Stay at Home Birches Sports Day _____



Well done!



Date 12/6/2020 Signed _____