

Pioneer Virtual Sports Day!



Key Stage 2 Score sheet

<u>ACTIVITY</u>	<u>DURATION (seconds)</u>	<u>SCORE</u>	<u>RULES / INSTRUCTIONS</u>
STAR JUMPS	45		Both arms and legs must move outwards and inwards (and meet in the middle) at the same time for it to count.
CLAP CATCH	60		Throw the sock ball up in the air using an underarm action. You must clap your hands and successfully catch the ball without dropping it. Start with one clap / catch, then progress to 2 claps / catch, 3 claps / catch etc. Top Tip: Practice quick hand claps as well!
CIRCLES	60		Start in a press up position - head facing forwards - move body around in a circle, whilst always looking straight ahead to score a point. Repeat as many times as you can within the time limit
TARGET THROW	60		Set up Target area (Waste paper bin, toilet rolls, tins, jumper) 3 big steps away and use a tie or piece of string etc. as a throwing line. Stand on or behind the line and throw the sock ball into the Target area as many times as you can. You must fetch ball yourself after each throw. Make sure that no part of your foot crosses the throw line, otherwise that throw won't count.
SPEED BOUNCE	30		Place a piece of rope/string/tie in a straight line on the floor. Stand with feet together on one side of the rope. Bounce across to the other side, remembering to keep your feet together to score a point and then bounce back again. Remember to bounce on your toes
PLANK	60		Lay down and balance on your forearms and toes. Suck your tummy in and keep your bottom down and imagine you are holding a tray of drinks on your back to enable you stay in a straight position. You only get ONE chance with the plank, so hold it for as long as you can
BALANCE ON LEFT LEG	60		Stand on Left foot. Place arms out by your side to help with your balance. Place your Right leg in front and make sure it does not touch any other part of your body or the floor during the challenge. Your standing foot (left), must not move from the spot, otherwise that's also the end of your turn. You only get ONE chance to balance, so hold it for as long as you can.
BALANCE ON RIGHT LEG	60		Stand on Right foot. Place arms out by your side to help with your balance. Place your Leftt leg in front and make sure it does not touch any other part of your body or the floor during the challenge. Your standing foot (left), must not move from the spot, otherwise that's also the end of your turn. You only get ONE chance to balance, so hold it for as long as you can.
BOTTOM SPIN	60		Sit down and place a sock ball on a tin in front of you. Pick up the ball between toes and spin around on your bottom and then place ball back on tin to score a point. If you drop the ball or it falls off the tin, you don't score a point. Repeat task as many times as possible.
BURPEES	45		There are 3 actions to complete a Burpee - start in a press up position - move both your legs inwards in a jump action, then back out again, before jumping up in the air and raising your arms above your head to score a point - IN, OUT, JUMP repeat