

Sports Day / Week

| Equipment | Organisation | Lesson |
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| <p>Ideally done in the garden or outdoor space that you can use.</p> <p>Tennis Ball Tennis Racket / Pair of Socks Frying Pan</p> <p>Something small to jump over</p> <p>Tape Measure</p> | <p>This week's lockdown lesson is slightly different! As it's our last lesson before the Summer holidays we have decided to do a new look Sports Day. All children at school will register their attempts while they are in school. Children who are at home, these are basic activities which can be done from home or the local park! Feel free to do as many of the stations as you can!</p> <p>You will be competing against one another both in school and from home!</p> <p>You are allowed as many attempts at each station as you like but only your one best score counts!</p> <p>Once you have completed any of the stations, please send your best scores to: shawkes5@bucksgfl.org.uk</p> | <p>Station 1: 50m Dash Children will start at one end and run as fast as they can to the end. Children can have three goes each. Teacher will time each run and write down the times. The fastest time by anybody is written down and submitted as the final score.</p> <p>Station 2: Vortex / Tennis Ball / Pair of Sock Throw Children will stand at the start line and throw the vortex down the field towards the space. Children can throw the vortex under or over arm and get three goes each. Teacher measures the scores down the field and records the furthest throw as the final score.</p> <p>Station 3: Jumping Jacks Children will need two markers and will need something to jump over. Children need to jump over the obstacle as many times as they can in 5 minutes. Children can continue to jump and rest during the 5 minutes and continue from where they stopped. Highest accumulative score is recorded.</p> <p>Station 4: Tennis Ups / Hockey Ups / Frying Pan Ups Children will need a tennis racket and ball. Children must bounce the ball on the strings as many times as they can without the ball hitting the floor. When the ball drops, children must restart counting from 0. Highest one score is recorded.</p> <p>Station 5: Long Jump Children must start at the start and jump with a maximum of three step run up. Children jump towards the measuring tape. Teacher records each score in metres and centimetres. Children get 3 goes each. Highest one score is recorded as final score. Make sure feet are not over line when jumping.</p> <p>Send your attempts to your teachers!</p> |