



At Trefonen School, Sports Day is one of the activities that we look forward to the most in the summer term. We have planned a way to celebrate it together, even though we are not all in school. We have used some of the challenges that we set for you in March and some new ones.

In school, we are planning to hold our Sports Day on Tuesday 30th June. You can join in on the same day or anytime during the week. If you'd like to send results in, they must be in by 12pm on Friday.

To open your 'At Home Sports Day' you need to read the following pledge:

I promise to try my best, play fairly and have good fun.

There are 14 rainbow challenges that you can choose from for your sports day.

Stork balance	Speed bounce	Skipping	Ball catch	Egg and spoon	Standing Long Jump	Hurdles
Throw and Clap	Washing Line challenge	Bat and Ball	Target Throw	Vertical High Jump	Ball Dribble	Distance Run

You can choose to do as many of the challenges as you would like. Keep a record of your events on the chart above and when you have finished send a photo of it to Mrs Drury class3wrens@trefonen.shropshire.sch.uk

You could also send some photographs of you taking part. Please make a note if you would prefer us not to use your photographs on our website.

We will award certificates for taking part: Bronze 4 + Silver 8 + Gold 12+ challenges

How to take part in the events

Stork balance



How long can you balance on one leg?

Position one foot against inside of the supporting leg and put hands on hips.

On 'go' close your eyes and stay balanced. Time how long you can hold the pose. Stopwatch is stopped if hands come off hips, foot moves in any direction or foot loses contact with the knee.

Easier- don't close your eyes.

Speed bounce



Roll up a large towel and place in a line. Stand one side of the roll with both feet together. Jump two footed over the towel as many times as you can in 20 seconds.

Don't count any jumps where you land on the towel.

Easier- remove the towel/ Hold hands with someone as you jump/ Step over instead of jumping.

Skipping



How many times can you skip with a skipping rope in 30 seconds? Both feet must land over the rope for the skip to count. Two footed landing.

Easier- If you are just learning to skip try getting to 5 or 10 skips first.

Ball catch



Mark two meters away from a wall. Stand behind the line.

Throw a tennis ball at the wall with one hand, catch it with the other. Throw it back at the wall and catch with opposite hand. The ball can bounce once. Stay two meters away from the wall.

Easier- throw and catch with whichever hand you prefer. Catch with two hands

Egg and spoon



Use a spoon and an egg (hard boiled) or a small potato. Set up a track 6 meters long, with cone/ object at every metre. Start one end of the course, with your hand behind your back and potato and spoon stretched out in front of you. Run in and out of the cones to the other end. Turn around and come back. One way counts as one run. How many runs can you do in 30 seconds? Don't hold your egg/ potato!

Standing Long Jump



Lay out a tape measure on grass/ soft surface. Mark a start line at the start of the tape. Stand behind it two feet together. Jump forward as far as you can landing on two feet. Measure how far you jumped (from the start line to the back of your feet.)

Hurdles



Lay out a course of 6 'hurdles' – a tea towel or similar, laid down flat with 1 metre in between each one. Start one end, run the course, two foot landed jumps over the tea towels as you go along. Turn round when you get to the end. How many runs can you do in 30 seconds? 1 way= 1 run.

Washing Line Challenge



You will need 10 socks and 10 pegs. Pick up one sock and one peg off the floor at a time and peg on the washing line. How long does it take you to peg up all ten socks?

Bat and Ball



Use a tennis racket/ bat or even a light frying pan! How many times can you hit a ball up and down on your bat in 30 seconds? If you drop the ball, pick it up and carry on.

Target Throw



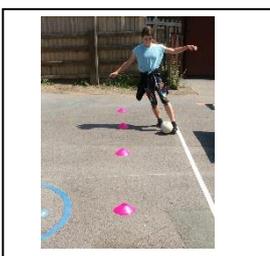
You will need 10 balls/ small teddies or even rolled up pairs of socks and a box/ washing basket. Place the box 4 metres away. How many items can you get in the box in 30 seconds? You can keep running and collecting your items from the box or floor to take back to the start in your 30 seconds. Item has to stay in the box to count. Easier: Box closer to you.

Standing Vertical Jump



Stand with your back against a wall and reach up. Mark where the end of your fingertips are with chalk or tape. Stand sideways to the wall, jump up and tap the wall as high as you can. Ask someone to mark where tapped. Measure the distance between your starting point and your jump.

Ball dribble



Mark a course of 6 metres with an object every metre. When you get to the end turn around and go back. How many times can you dribble a ball in and out of the cones in 30 seconds? One way = 1 run.

Distance run



Choose a distance longer run- it might be laps of your garden or a route that you can do with your family.

Throw and clap



Throw a ball in the air and clap once. How many throw/ claps can you do in 30 seconds?

Good luck and we hope you enjoy taking part!