

P3 – P6 Sports Day
Wednesday 27th May 2020, 10.30am start

NAME: _____ **CLASS:** _____ **HOUSE:** _____

** You will need: House shirt (if you have one), a wellington boot or shoe, a measuring tape, a timer (ie. watch, phone), a bucket, two markers (ie. cones, sticks, tape), a tennis or small ball, a soccer ball, a tennis racquet or hurl or cricket bat, a skipping rope

** Watch the video instructions on your flipgrids, print this sheet, choose your (safe) area, get your family involved and **ENJOY** **Send your results by flipgrid or email to Mrs Cole (scole@st-andrews.ie) by 2pm**

EVENT	INSTRUCTION	YOUR SCORE / TIME/ DISTANCE	FAMILY MEMBERS SCORES (extra points)
Welly Throw 20 points (1 bonus point per metre)	Mark a take off spot with your marker, welly or shoe in one hand, take a run up, release welly or shoe at marker, measure distance from marker to where it lands, record		
Twirl and run (20 points)	Place two markers 5/6 metres apart, place your forehead on a hockey stick or brush handle at one marker, twirl around the stick keeping your forehead on the stick for a count of 15, let go of the stick and try run to the second marker without falling over!		
Waddle Ball 10 points	Place a football between your knees and run around your table (garden or kitchen) three times. How long did it take you?		
Plank 2 points per minute	How long can you hold the plank position for?		
Burpees 1 point per burpee	How many can you do in one minute?		
Target Throw (1 point each time ball goes into bucket)	Put down your marker, place a bucket 5 metres from marker, how many times can you get the ball into the bucket in one minute? (from the marker each time)		
Keepy Uppies 1 point each	How many can you do in one minute? you can use a soccer ball, tennis racquet, hurl, or cricket bat		
Ball Skill 1 point for each 8	How many figures of 8 around your legs can you do in one minute?		
Skipping 1 point each skip	How many skips can you do in one minute? skip virtually if you don't have a rope		
Family Relay 20 points	Put down two markers 30 metres apart, line your family up behind a marker, set your timer, take it in turns to run around the second marker and back and high 5 the next person, count how many you get as a family in two minutes		

TOTAL _____