

Welcome to Mundford Academy's Virtual Sports Day 2020

All these activities have been chosen as they require minimal equipment so as many of you as possible can take part from home. You can try some or all of them. For each activity you try, please email your best score to your current class teacher.

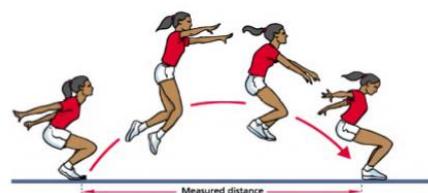
For the children attending school, you will have a chance to take part in school.

Events:

- Standing Long Jump
- Standing Triple Jump (recommended for KS2)
- 10m Egg & Spoon Race
- Daily Mile Distance Running
- Target Throw (with a paper ball)
- Standing Chest Push (with a football)

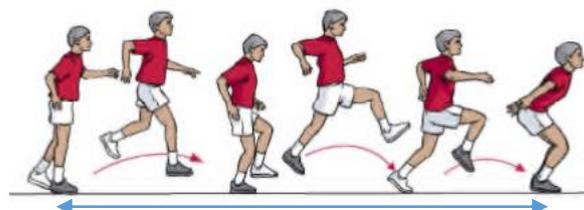
Standing Long Jump

- Start with two feet together and jump as far as you can.
- Measure the distance between the start and where you land.



Standing Triple Jump

- Start on one leg, then hop (onto the same leg), step (onto the other leg), then jump (to finish landing on two feet).
- Measure the total distance.



10m Egg & Spoon Race

- Measure out a distance of 10m in your garden.
- OR If you don't have enough space, measure 5 metres & run there & back again.
- Balance an egg on a spoon.
- Time how quickly you can run the 10m without the egg falling off.

Standing Chest Push

- Use a standard football.
- Hold the ball against your chest and push it forwards with two hands.
- Measure the distance from your feet to where the ball first hits the ground.



Daily Mile Distance Run

- EYFS & KS1: How far can you run in 5 minutes?
- KS2: How far can you run in 10 minutes?

Paper Ball Throw

- Tear one page of paper out of an A4 school exercise book,
- Screw it into a tight ball.
- Place a waste paper bin on the floor and try to throw the paper ball into it.
- What is the greatest distance away from the mug you can stand and still get the ball in?

