**‘Stay at Home’ Sports Day**

**You get 1 point for each challenge you do.**

1. Take shots with a ball, or scrunched up paper, in to a waste paper bin or bucket.
2. Throw a ball in the air and try to clap up to your age between throws.
3. Hop, skip and jump as far as you can, or if you don’t have space see how long you can do it on the spot.
4. See how many lengths of your room or garden you can do with an ‘egg’ and spoon before dropping it.
5. Sprint on the spot for as long as you can.
6. Fill a bowl with water, fill a cup and race to another bowl or your sink. How long does it take you to move all of the water?
7. Use a soft object such as a cushion or teddy, how many times can you jump over it in 1 minute?
8. Have a sack race using a pillowcase or a bin bag! If you have no-one to race against, time yourself.
9. Using a cup on its side for the hole, have a go at putting a ball with a golf club, tennis bat or broom.
10. Create an obstacle course using your furniture or items around the garden – try to include something to go over, under, round and through.
11. Time how long you can hold your balance by standing on one leg.
12. If you have someone in your household you can move with, have a three-legged or wheelbarrow race. If not, try to beat your own speed on all fours.

**For 5 Bonus Points, spell out your name using this activity alphabet**:

A – Jump up and down 10 times

B – Spin around in a circle 5 times

C – Hop on one foot 5 times

D – Run to the nearest door and back

E – Walk like a bear for 5 steps

F – Do 3 cartwheels

G – Do 10 star jumps

H – Hop like a frog 5 times

I – Balance on your left foot for a count of 10

J – Balance on your right foot for a count of 10

K – March like a soldier for 10 steps

L – Do 3 forward rolls

M – Pick up a ball without using your hands

N – Walk backwards 10 steps

O – Do 10 skips forwards

P – Walk sideways 10 steps and back

Q – Crawl like a crab for 5 steps

R – Bend and touch your toes 10 times

S – Pedal a pretend bike with your hands 10 times

T – Roll a ball across the floor using your head

U – Flap your arms like a bird 10 times

V – Do horse gallops for 10 steps

W – Do 10 tuck jumps getting your knees up high

X – Walk on your knees 10 steps

Y – Do 10 push ups

Z – Do 10 sit ups

**Let us know your final score!**

Stay safe! Please ensure you stretch and warm up before any physical activity. Wear sunscreen if you are exercising outdoors and keep hydrated. Further advice can be found at https://onlinefirstaid.com/school-sports-day/