

Hainford Virtual Sports Challenge: Week Beginning 29th June 2020



We have thought of a number of events that hopefully you can join in with, using equipment from around the home or garden. Feel free to take part in however many you want. Send in your results with any photos or videos you take onto Seesaw or Tapestry.

Design Challenge:

Egg designing – hard boil an egg and then decorate using a sports theme. Top 3 across the school.



Events:

- **Egg and spoon obstacle race** – have fun! (*Thank you Thea yr2 for your idea*) – set up 10 cones / stones (or anything that you have) – you need to weave in and out of the objects and get to the end without dropping your egg.
- **Small Ball hit up.** (ping-pong, tennis other bouncy ball)
How many hits in 30 seconds using a bat?
To add challenge... How many hit ups using alternate sides in one minute

Balance challenge: How many different balances can you do in a minute. On one leg, 2 hands etc. Could you also balance something on your head? (*Thank you to Isaac reception and Isobel yr1 for this idea*)

- **Hula-Hoop Challenge:** Can you keep a hula-hoop going around your waist/neck /arm / leg for up to 1 minute – if too easy add in some tricks for style points (*Thank you Pippin in reception for this idea*)
- **Ball bounces in a minute**
How many bounces in a minute (, let it bounce, hit the ball up again and let it bounce).
- **Frisbee (Discuss)** – how far can you throw a frisbee without going over a fence
- **Bouncing ball free-style** – how many different tricks can you do with a ball. (*between the legs, around your body,*)
 - **Target throwing (Boules):** throw out a target ball or ‘jack’. Who can get the closest? (*Thank you Rupert in year 2 for this idea*)
- **Handstand statues:** Can you hold for up to 30 seconds safely
- **Keepy-uppy challenge:** how many keepy-uppies can you do in 30 seconds? (*You could use your feet, your head or any other part of your body*)
- **Keepy-uppy free-style:** how many tricks can you do in 30 seconds without the ball hitting the ground (*Thanks to George B from year 2 for this idea*)
- **Standing long jump** (on grass if possible!) - Two feet to 2 feet landing. Measure to the back of heels.
- **Skipping – Free style (judged out of 10)** (*Thank you to Amelia yr4 for this idea*)
How many different skipping tricks can you perform? Maximum in a minute.
- **Most creative family obstacle relay race.**
- **Water-pistol shooting** – aim for something that could be knocked over. How far can you hit them from? (*Thank you to Marybeth reception for this idea*)

Finish your events in traditional style with a picnic. Hope you have some fun taking part.