



# Struthers Family Sports Day



## Friday 22<sup>nd</sup> May

Below is a list of 5 challenges that you can complete either in your garden or in your home. You may need help from an adult to estimate/measure distances and to be a little creative with resources. In addition to these challenges, we would love you to make up some of your own Sports Day races. These will not be scored, however will be an opportunity to have some fun with the family and for our EYC to get involved. Some suggestions are listed below.

Once you have completed your 5 challenges you can post your (adult verified) scores in your Teams/Seesaw page and state which house you are in. Please also send us some pictures of your Sports Day.

**Please note – each level within the challenge can be completed for a total maximum score of 35. If you do not have a measuring tape or ruler, we will trust you to estimate the distances.**

**Challenge 1** – Boot/shoe throw (throwing a boot or shoe into a bucket/tub/ large saucepan etc).

### **P1-3**

- 1m - 5 Points
- 2m – 10 Points
- 5m – 20 points

### **P4-7**

- 3m - 5 Points
- 5m – 10 Points
- 8m – 20 points

**Challenge 2** – Side-to-side jumps (speed bounce). Continuous jumping with two feet together over a small object or a drawn line.

### **P1-3**

- 10 jumps - 5 Points
- 20 jumps – 10 Points
- 30 jumps – 20 points

### **P4-7**

- 20 jumps - 5 Points
- 40 jumps – 10 Points
- 80 jumps – 20 points

**Challenge 3** – Step – ups. Continuous stepping up and down the doorstep or bottom of the stairs.

### **P1-3**

- 30 sec - 5 Points
- 45 sec – 10 Points
- 1 min – 20 points

### **P4-7**

- 1min - 5 Points
- 2min – 10 Points
- 3min – 20 points

**Challenge 4** – Ball throw (2 players). Your score will be the total number of catches in 1 minute. Only the child competing's catches count as a point.

**P1-3 (distance between players)**

- P1 – 2m
- P2 – 3m
- P3 – 4m

**P4-7 (distance between players)**

- P4/5 – 5m
- P6/7 – 6m

**Challenge 5** – standing long jump – jumping from a marked line with two feet together. Distance calculated from the back of the heel. The length you jump in cm will be the score you achieve. You may want to have a few attempts first 😊

Suggested family races (not scored for house points)

- Washing line race
- Wheelbarrow race
- Egg and spoon (potato, stone etc)
- Hopping race
- Obstacle races

Suggested EYC Sports challenges

- Hopping
- Star jumps
- Throwing a small ball (or rolled up sock) into a bucket from various lengths
- Throwing & catching with a partner

**We can't wait to see some of your own creative Sports Day challenges & races. Any questions please pop into your class Teams or on Seesaw and your teacher will be there to help.**

**Good Luck everyone and more importantly, HAVE FUN!**