

Sports Day Instructions

<p style="text-align: center;">Spin It & Bin It</p> <p>What you need: 5 pairs of socks rolled up in a ball, or tennis balls if you have them. A laundry basket or bin or box.</p> <p>How to play: Put the basket down on the ground. Take 5 steps away (big steps) Spin around 3 times and try to throw the socks into the basket.</p> <p>HOW many did you get in the basket?</p> <p>Change it up and try to kick a football into basket or use a Hurley, or a tennis racket.</p>	<p style="text-align: center;">Virtual 2km run</p> <p>Download the Strava App (or any other app that measures your distance and speed when walking/running).</p> <p>Being sure to stay 2m apart from other people and making room on path for others. Run or walk 2km and record your time and route.</p>	<p style="text-align: center;">Plank Football</p> <p>Need: a ball (or a pair of socks rolled up) 2 goals marked out. 2 players.</p> <p>Both players hold the plank position facing each other. Player 1 rolls the ball with their hand towards player 2 to try to score a goal. If a goal is scored you win a point. If you fall out of plank position you lose a point. (3-minute game)</p>
<p style="text-align: center;">2 metre Jump Challenge</p> <p>Measure out 2 metres (or longer if you think you can go further)</p> <p>Stand with 2 feet together and jump. Aim to reach 2 metres.</p>	<p style="text-align: center;">Tik Tok Challenge</p> <p>Creativity time.</p> <p>Let's see your best Tik Tok dance challenge.</p>	<p style="text-align: center;">Keepy up Challenge</p> <p>Need: Football/pair of socks How many keepy uppies can you do? Take a video of your best effort.</p>

<p>Measure your distance. From start point to your heels (closest point to the start).</p>		
<p style="text-align: center;">Freestyle It</p> <p>Post a video of you showing off your best physical skills. Dancing/ Skateboarding/Ball skills, Juggling.</p> <p>The list is endless.</p>	<p style="text-align: center;">Plank Challenge</p> <p>Play the Cha Cha Slide song and do the plank challenge to it. How long can you last?</p>	<p style="text-align: center;">Flippy Cup Challenge</p> <p>Need: One plastic cup, a table, timer.</p> <p>Have a cup half over the edge of a table- Try and flip the cup and leave it standing twice.</p> <p>Complete a lap of your table. Retry twice more, then complete another lap.</p> <p>1 point for each successful flip. See how many points you get in 60 seconds.</p>
<p style="text-align: center;">Plank X's and O'S</p> <p>Need: 2 players, an X and O grid. Write out some cards with X's and O's on them. Get yourselves into plank position and play the game. The best out of 5 games.</p>	<p style="text-align: center;">Homecourt App</p> <p>Download the Homecourt App. Under agility there is a Split Step reaction Test. Follow the instructions.</p>	<p style="text-align: center;">Laundry basket (ball)</p> <p>Equipment needed: 2 containers (Laundry baskets/bins/small basket), balls/rolled up socks.</p> <p>Challenge: Race - first person to get 3 baskets. Both family members stand facing the container with a pair of socks in hand. Take 2 steps back from the container.</p>

		<p>Rules: Before every shot you must do 10 squats (or select your own exercise) If you score a basket, you need to take a further large step back. First person to 3 wins. https://www.youtube.com/watch?v=BGWKdT60IHc</p>
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