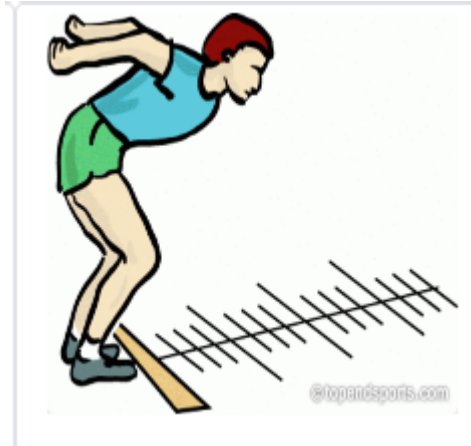


# Virtual sports Day

## Event 1

Standing long jump:



- stand behind a line marked on the ground with feet slightly apart.
- A two foot take-off and landing is used.
- Swing your arms and bend your knees to provide forward drive.
- Attempts to **jump** as far as possible, landing on both feet without falling backwards.
- Measure your jump from the back of your heel.

## Event 2

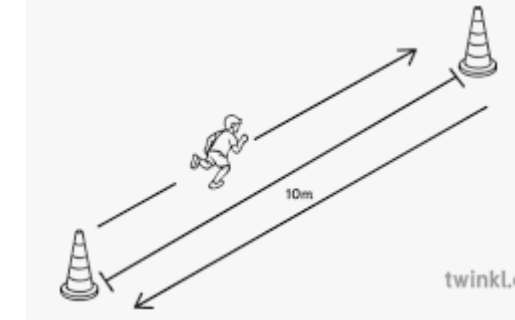
The sock Putt:



- Roll up a pair of socks (football socks if you have them)
- Place in the neck behind a line on the ground.
- From a seated position, feet behind the line, push from neck as far as you can - measure where it lands.

## Event 3

Sprint shuttle



- Place 2 objects (bottles, cones, stones) 10m apart
- Complete as many shuttles as you can in one minute—sprint
- Record how many you achieved.

## Event 4

Press up challenge:



- How many press ups can you complete in 1 minute?

## Event 5

Speed bounce:



- Using an item at home, make a line on the floor (e.g. rolled up towel). Using both feet, try to jump over the line as many times as you can in 30 seconds,