




Burnbrae Primary 1 - Virtual Sports Day 2020





You can do as many, or as few activities as you like over the course of the week. Do them once or try them over a couple of days and try to beat your score. **Have fun everyone!** (Blue underlined titles contain a link you can click for more information)

We will not be assigning this grid. It would be great if you could post a picture of you doing a sport on our main P1 teams page for your friends to see. Perhaps you can tell us how many you did or how you did it well. You may wish to give your friends some positive feedback by commenting on their picture.

Some activities you might like to do *indoors or outdoors depending on your space.* **Who can do the most in 60 secs....?**

<p><u>Step Ups Challenge</u></p> <p>Use a step and put one foot up and then the next and then come back down one foot, 2 feet. This is one.</p>	<p><u>Burpees Challenge</u></p> <p>Who can do the most burpees in 60 secs?</p> <p><u>Around the World Challenge</u></p> <p>Pass the ball around your waist, how many times can you do it?</p>	<p><u>Skipping Challenge</u></p> <p>How many skips can you do?</p> 	<p><u>Speed Bounce Challenge</u></p> <p>Jump side to side (not forwards and backwards, you can use a pillow or a rolled up towel)</p>	<p><u>Super Slalom Run Challenge</u></p> <p>Choose 3 items and space them 3 steps apart. How many laps can you do?</p>	<p><u>Standing Long Jump Level 2</u></p>	<p>Marathon challenge (3 mins or 5 mins, how many laps can you do of your chosen course?)</p>
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Some activities like our Potted Sports that you might like to do. **Again, who can do the most in 60 secs...?**

<p><u>Skittles.</u></p> <p>Put out 6 lightweight objects (toilet rolls/empty plastic bottles) Use a ball to knock down as many objects as you can. (choose the amount of turns, don't time)</p> 	<p><u>In the Box</u></p> <p>How many points can you get by aiming the socks into the box? (can use pant, bowl, buckets etc)</p>	<p><u>Treasure Chest</u></p> <p>How many pieces of treasure can you collect?</p>	<p><u>Egg and Spoon Race</u></p> <p>Why not try a traditional egg and spoon race as a family?</p> 	<p><u>Catch and Clap Challenge</u></p> <p>Older children can you clap twice/spin round?</p>	<p><u>Best Dressed</u></p> <p>How many items of silly clothing can you put on in 60 secs?</p> <p>Who can put the most on?</p>	<p><u>Obstacle Challenge</u></p> <p>You choose, have fun!</p>
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