



Dear Parents/Carers,

On Monday 22nd June, we would have been welcoming you into school for Sports Day. As we find ourselves in these unusual and uncertain times, Sports Day as we know it will not be able to take place this year.



However, as Sports Day is a highlight of the year for many children, parents and teachers alike, we have been working on a way to make it happen from your own home!

Below, you will find a list of all the challenges the staff at school have set for the children! As with all of the learning we have shared with you, this is not compulsory, and you do not have to complete every activity on the list. If you would like to complete some but not all of them then please feel free to do so! You are welcome to record your results on the form provided to keep track of your achievements!

Next week, you will see some of the teachers demonstrating each challenge on our Twitter page! Each challenge will have a number and this will be noted on each video. We would, of course, love to see you taking part! If you video your challenge, please tag [@shobnallprimary](https://twitter.com/shobnallprimary) if uploading to Twitter or send them to your class teacher via their email address! Good luck and enjoy!



1. The 'Jumpers for Goalposts' Penalty Shoot Out

You will need two items that can represent a goal. They should be as far apart as the goalkeeper is tall. Take 5 strides back away from the goal and place your ball (or whatever you choose to take your penalties with) on the spot. How many goals can you score in 1 minute? The crazier the celebration the better!

2. Hop Skip and Jump Challenge

How far can you hop, skip and jump in your garden, in the park or anywhere with grass? If your parents have tape measure, you could measure how far you landed. Remember on the last jump bend your knees and land on two feet - this is where you should measure to.

3. Balloon Bounce!

For this challenge, you will need a balloon and something to bounce it with (such as a plastic plate, a frying pan, a rolled up newspaper). If you don't have a balloon, you can replace it with anything round and soft that you can find around the house (even a pair of balled up socks!) How many times can you hit your balloon upwards in 1 minute?

4. Bounce Ball Extreme!

For this challenge, you will need a ball of any type (football, basketball, tennis ball, sponge ball etc.). How many times can you bounce it against

a wall and catch it in 1 minute? Could you be creative and use just one hand or maybe your feet?

5. Tea Bag Challenge!

Stand 1 metre away from a cup, balance a tea bag on top of your foot and try to kick the tea bag into the cup as many times as you can in 1 minute. This is a tricky challenge so, to make it easier, you could use a large bowl instead of cup.

6. Fancy Dress Race!

For this challenge you will need a few accessories! For example, fancy dress items such as: a hat, scarf, gloves, larger sized clothes that will go over what you are already wearing etc. You will need to set up two points to run between – challenge yourself with the space you have available. Put a pile of your accessories at both points. Your challenge is to run between the two points, putting on an accessory each time. How many accessories can you put on in 1 minute?

7. Juggling Challenge

For this challenge you can use small balls, scrunched up paper, fruit or rolled up socks. Alternatively, toilet rolls if you have plenty! Practice throwing and catching one item into the air first, then add in a second one...maybe a third! How many seconds can you juggle for without dropping any of your items? Try with a member of your family... stand a short distance apart and juggle the objects between you.

8. Bowls Challenge

Position two tins (or any other item) two hand widths apart at a distance of four metres away. Use an orange (or another similar item such as a tennis ball or toilet roll) and attempt to roll the item through. See how many successful rolls you can get in 1 minute.

9. Bike/Scooter Challenge

Go for a bike ride or scooter ride for 15/30 minutes. See how far you can go in the given amount of time. You can record your results on Apps such as Strada or Run Keeper.

10. Egg(less) and Spoon Challenge

Create a mini egg and spoon course in your garden or house. How many times can you make your way round the course in 1 minute?

11. Waste Paper Basketball Challenge

Use a bin or bowl as your basketball net and step 2/3 metres back from it. Using scrap paper or rolled up socks, see how many times you can throw it into the bin/bowl in 1 minute!

12. Speed Bounce Challenge

Place a brush or rope on the floor and jump with 2 feet together over the rope/brush as many times as you can for 1 minute.

You can use this table to keep track of your best scores for each challenge that you tackle throughout the week! Try to get your parents/carers to video you doing the challenges and tag [@shobnallprimary](#) on Twitter! We would love to see you in action!

Number	Challenge	Total
1	Penalty Shoot Out	
2	Hop Skip and Jump	
3	Balloon Bounce	
4	Bounce Ball Extreme	
5	Tea Bag Challenge	
6	Fancy Dress Race	
7	Juggling	
8	Bowls	
9	Bike/Scooter Challenge	
10	Egg(less) and Spoon	
11	Waste Paper Basketball	
12	Speed Bounce	