

Socks x 6
Table Spoon
Tape measure
or ruler
Teddy x6

Virtual Sports Day

Welcome to our Virtual Sports Day. Practice each one of these activities and when you are ready you can record your scores. Each Activity lasts 20 seconds. **Good Luck!**

Activity 1: Sock and Spoon (1 rolled up sock and a table spoon and 2 socks for markers)

1. Place markers e.g. socks 2 metres apart.
2. Start behind the marker
3. Children to balance the sock (rolled up) on the spoon.



SCORING: Number of shuttles = number of points (for example there and back= 2points)

Activity 2: Kangaroo Jump (soft toys x 6 and 2 socks)

1. Socks 2 metres apart. Line up behind the marker
2. Kangaroo jump (2 footed jump) to collect your teddy or soft toy
3. Jump and take it back to the starter marker
4. How many objects can you collect in 20 seconds?



SCORING: Number of objects = Number of points

Activity 3: Sock Ladder Sprint (5 socks or you can use chalk, masking tape)

1. Socks to be placed 50cm apart.
2. Start behind the first sock
3. Sprint up and down the ladder in between the socks for 20



SCORING: 1 point = 1 length of the ladder (for example there and back=2points)

Activity 4: Sock it (6 socks or or you can use chalk, masking tape etc)

1. Stand behind a sock 1 metre away from the target (4 adult socks)
2. Throw 1 rolled up sock into the target or hit the target
3. Run and collect your sock and repeat again
4. How many times can you land the sock into the target in 20 seconds?



SCORING: 1point for getting it in or hitting the target.

Write your score below:

Activity 1: Sock and spoon (20 seconds)



Write your score below:

Activity 2: Kangaroo Jump (20 seconds)



Write your score below:

Activity 3: Sock Ladder (20 seconds)



Write your score below:

Activity 4: Sock it (20 seconds)



Write your score below:

Add up all your scores and record in the total score box.

TOTAL SCORE

Well done for completing your Virtual Sports Day!

