

# Sports Day Challenges

## 1. Throw and Clap

How many times can you clap between throwing a ball in the air and catching it again? Use a rolled up pair of socks if you don't have a ball.



## 2. Target Throw

You will need a bucket and a ball or pair of socks.

F/KS1 Place the bucket 2 m away  
KS2 Place the bucket 3m away.

Have 5 goes to throw the ball in the bucket. How many did you score?



## 3. The Plank

How long can you hold the 'plank' position for? Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



## 4. Blindfold Balance.

Get a blindfold, choose your best leg, how long can you balance on one leg?



## 5. Star Jumps

F/KS1 How many star jumps can you do in 30 seconds?

KS2 How many star jumps can you do in 1 minute?



## 6. Bunny Hops

F/KS1 How many bunny hops can you do in 30 seconds?

KS2 How many bunny hops can you do in 1 minute?

Start and finish each jump with your hands and feet on the floor

