Alma Primary Sports Day

Choose from the selection of activities to compete! Read the instructions and watch the videos for each. Tally up your points and send your results into Seesaw. Send in a max of 3 photos too.

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| Activity | Points | Score | Tally |
| Run / walk / cycle or scooter for:  15 mins  30 mins  45 mins or more | 1 pt  2 pts  3 pts |  |  |
| Side Jumps  Count how many times you can jump over an object on the floor (going side to side) in 30 seconds. | 1 pt |  |  |
| Teddy Transfer  Count how many teddies you can move from point A to point B in 60 seconds using ONLY your feet to transfer them. | 1 pt |  |  |
| Target Throw  Throw a beanbag (or rolled up sock weighted with a pebble) into a hula hoop. Then run and collect it and start again. How many times can you hit the target in 60 seconds?  KS2 stand on one leg while throwing and/or move further away from the target. | 1 pt |  |  |
| Long jump  Draw a line on the ground. With 2 feet together, jump as far as you can. Try to land with your feet together.  Can you measure how far you jumped? | 1 pt |  |  |
| Supermarket sweep  Choose 10 items from the house (eg: can of beans, water bottle) and place them in a pile on the ground. Run from one side of the house/garden to the items, selecting one item at a time and carrying them back. Record your time. | 1 pt |  |  |
| Bear Crawl  Bear crawl on all fours across the room/ garden as many times as you can for 30 seconds. | 1 pt |  |  |
| Egg and Spoon  Using a small ball, balance it on a spoon and walk from one side of the room/ garden to the other without dropping it. Record your time.  KS2: Walk as fast as you can. | 1 pt |  |  |
| Star Jumps  How many star jumps can you complete in 60 seconds? | 1 pt |  |  |
| Goal Score  Shoot a ball between 2 markers. How many goals can you score in 2 minutes? | 1 pt |  |  |
| Cushion control  Balance a cushion on your head and walk around without it falling for 60 seconds.  KS2: Walk as fast as you can | 1 pt |  |  |
| Bonus activity  Challenge yourself by making up your own sports day activity. | 3 pts |  |  |