

AVA Primary Virtual Sports Day 2020!



As we can't have our normal sports day this year, we would like you to all take part in our virtual sports day!

There are 5 different challenges, try each challenge and see if you can beat your score each time!

Send in pictures/ videos of you completing the challenges! How many points did you get? (send to year3enquiries@theacademy.me)

Challenge 1 – Keepie uppies- how many times can you kick the football up and down without it touching the floor?

3 times – 5 points
7 times – 10 points
12 times- 15 points

Challenge 2 – Standing long jump- choose a line to stand behind, bend you knees and jump as far as you can- how far can you jump? Choose three objects and place away from the line. Can you reach the furthest object?

Object 1 – 5 points
Object 2 – 10 points
Object 3 -15 points

Don't forget to warm up before doing exercise!

Challenge 3- Throwing- stand behind a line, find 3 different targets (buckets, hoops etc) to throw a ball/ pair of socks (anything soft!!) into. You have 5 throws, what's the highest score you can get?

Bucket 1 (closest)– 5 points
Bucket 2 (slightly further away)- 10 points
Bucket 3 (furthest away)– 15 points

Check you have enough space around you before you start!

Challenge 4- Running- place objects at 2 ends of the room/ garden, set a timer for 1 minute, how many times can you run in between the 2 objects?

5 times – 5 points
10 times- 10 points
15 times – 15 points

Challenge 5 – egg and spoon race- get creative with this one! Create your own obstacle course around the room/garden. Balance an object (any object is fine!) on a spoon and try to complete your obstacle course without dropping it!

Dropped object 2 times – 5 points
Dropped object 1 time- 10 points
Not dropped at all – 15 points

**Send in your photos by 12th June,
Good luck and have fun!**

Miss Granville