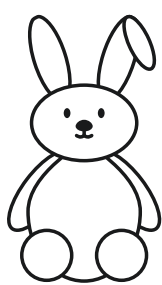
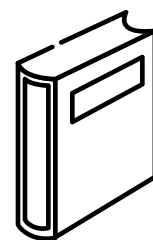




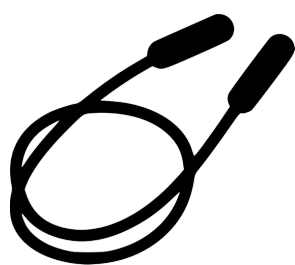
# KS2 Sports Day 2020

- 1 Book Balancing**  
How far can you walk balancing a book on your head?



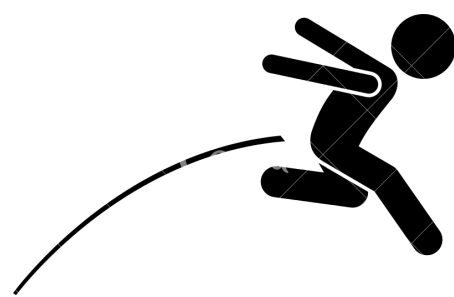
- 2 Bunny Hops**  
How bunny hops can you complete in one minute?

- 3 Plank**  
Hold the plank position for one minute.



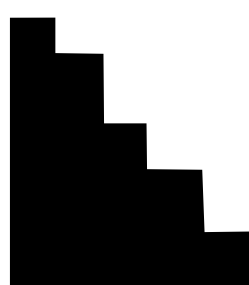
- 4 Skipping**  
How many skips can you complete in one minute?

- 5 Standing Long Jump**  
How far can you jump from a standing start position?



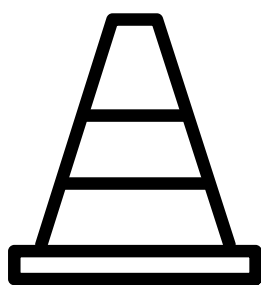
- 6 Washing Line Challenge**  
How many clothing items can you peg on a washing line in one minute?

- 7 Catch and Clap**  
Throw a ball into air and see how many times you can clap before you catch it.



- 8 Step-ups**  
Using the first step of your stairs, how many times can you stand on it, with both feet, in one minute?

- 9 Two Mile Run/Cycle**  
Record how quickly you can run or cycle for two miles.



- 10 Obstacle Course**  
Be creative and make your own obstacle course.



## Safety First

**Remember to warm-up beforehand and have an adult present at all times when attempting these exercises.**



Share ONE photo or video with your class teacher and post on Twitter using **#CWPrimarySportsDay2020**

**Which house will reign victorious?**