

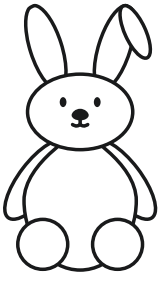
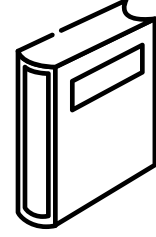


# FP Sports Day 2020

1

## Book Balancing

How far can you walk balancing a book on your head?



2

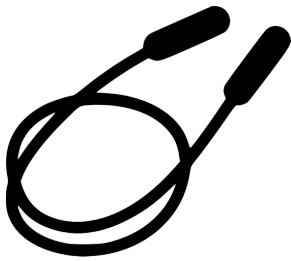
## Bunny Hops

How many bunny hops can you complete in one minute?

3

## Not Quite Egg & Spoon Race

Time how long you can run around with an object balanced on a spoon - it doesn't have to be an egg!



4

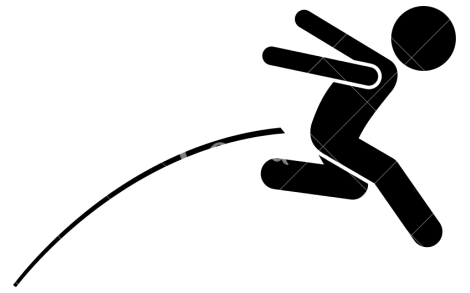
## Skipping

How many skips can you complete in one minute?

5

## Standing Long Jump

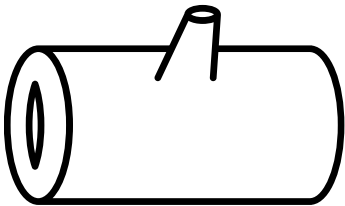
How far can you jump from a standing start position?



6

## Log Roll

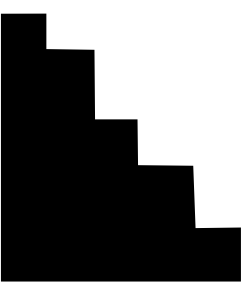
How quickly can you log roll for five metres?



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

## One Mile Run/Cycle

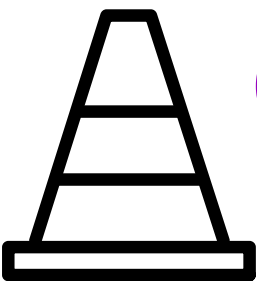
Record how quickly you can run or cycle for one mile.



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](https://twitter.com/CWPrimarySportsDay2020)

## Which house will reign victorious?