**Staying safe whilst having fun...**

Our ideas and principles should be considered alongside Government published guidance on Covid-19.

**Things to consider:**

<table>
<thead>
<tr>
<th><strong>Plan</strong></th>
<th><strong>Wash your hands</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>You can exercise more than once a day, so plan when and where you will take part.</td>
<td>It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Venue</strong></th>
<th><strong>Catch it, bin it, kill it!</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>It is safest to exercise at home, so connect with other challengers outside your household virtually, or in an open space if that is possible.</td>
<td>If you need to sneeze or cough, make sure you catch it with a tissue, bin it and kill it by washing your hands with soap and water for 20 seconds or hand sanitiser.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>People</strong></th>
<th><strong>Stay safe in the sun!</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>You can exercise alone, with members of your household or at a safe distance with other people outside your household following current government guidance.</td>
<td>Apply sun cream, wear a hat and sunglasses and lock out for shade.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Equipment</strong></th>
<th><strong>Keep hydrated</strong></th>
</tr>
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<tr>
<td>Use your own equipment. Only share equipment if you are from the same household.</td>
<td>Stay hydrated by drinking plenty of water as you exercise.</td>
</tr>
</tbody>
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**BEE SPORTY**

Consider the five ways to wellbeing throughout your chosen activity:

| **Take part in individual skills challenges / events. Can you go faster, higher, stronger?** |
| **Encourage each other to improve your Personal Bests (PBs)** |
| **Show your acts of kindness through support for each other** |
| **Make a note of the progress and improvement you each make** |
| **Learn new skills and see self-improvement through preparation and practice** |

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**#NSSWtogether**
<table>
<thead>
<tr>
<th>Equipment Needed</th>
<th>Activity</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Finale Friday Fun Sports Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book/s Stopwatch</td>
<td>Book Balancing</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Chair, stopwatch</td>
<td>Chair Sit ups</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Racquet, ball, frying pan, pair of socks (if no bat and ball) stopwatch</td>
<td>Bounce a Ball</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Towel rolled up, stopwatch</td>
<td>Speed Bounce</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Spoon, apple or potato, stopwatch</td>
<td>Not Quite an Egg and Spoon Race</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Stairs or a step, stopwatch</td>
<td>Step Up Challenge</td>
<td></td>
<td>X</td>
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<tr>
<td>Ball/pair of socks or potato, stopwatch</td>
<td>Cool Catcher</td>
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<tr>
<td>Rope, stopwatch</td>
<td>Skipping Challenge</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Stopwatch</td>
<td>Bunny Hops</td>
<td></td>
<td></td>
<td>X</td>
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<tr>
<td>Stopwatch</td>
<td>Sprint on the Spot Challenge</td>
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The activities are split over alternating days so five activities on Monday and Wednesday and the other five on Tuesday and Thursday as above and on the Friday you will complete all ten activities. Please use the score card above to record your results.
**Instructions**

**Book Balancing (Monday and Wednesday)**

How long can you stand on one leg without the book falling off? You may have one leg which is stronger so it’s up to you to choose which leg you would like to use. If you think that’s too easy, try adding more books on your head. REMEMBER NO HANDS!

**Chair Sit Ups (Monday and Wednesday)**

Count how many times you can sit down and then stand up in one minute. You need to make sure your bottom touches the chair each time you sit down and when you stand it’s fully standing, no cheating!

**Bounce a Ball (Monday and Wednesday)**

How many times can you bounce a ball (or socks) on a racquet (or frying pan etc.) in a minute. Remember if you drop the object you have to start your counting again but not the stopwatch!

**Speed Bounce (Monday and Wednesday)**

Roll a towel up and lay on a flat surface. How many times can you jump from side to side across the towel in one minute. Remember to land and take off using both feet and keep your knees bent.

**Not Quite an Egg and Spoon Race (Monday and Wednesday)**

Check with your grown up what you can use first. If you have space outdoors – How many laps or lengths of your garden or path can you do in a minute without dropping the egg/potato/apple etc.
Bunny Hops (Tuesday and Thursday)

How many bunny hops can you do in one minute, start and finish each jump with your hands and feet on the floor. If you want to challenge yourself and you have the space, you could also see how far you can jump each time. If you are indoors – you could use a room in the house to count your laps etc.

Skipping Challenge (Tuesday and Thursday)

How many skips can you do before you stop? Want a challenge? Try skipping backwards.

Stair/Step up Challenge (Tuesday and Thursday)

How many times can you step up with and back down from the step/stair using both feet in 60 seconds? (right up, left up, right down and then left down).

Cool Catcher (Tuesday and Thursday)

How many throws and catches can you do in sixty seconds? Want a challenge – try turning around after each throw before you catch the object!

Sprint on the Spot Challenge (Tuesday and Thursday)

How long can you sprint on the spot for before stopping? Remember this is a sprint not a jog, use your arms to help and sprint your legs as fast as you can.

Good luck and please remember to have fun. You are competing against yourself and the idea is to see as many improvements as possible in the events by Friday’s Sports Day. Whatever you do is your own personal achievement and if you need to adapt something to your own ability then please do. Ask someone to record your activities and please send into school so we can share and enjoy watching you having fun!
St. Peter’s C of E Academy
Virtual Sports Day Challenges

Sports Day!

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GOOD LUCK
YOU'LL BEE GREAT!