

Foundation and Key Stage 1 Sports Day

Date: Wednesday 15th June

This year we cannot do our usual sports day so instead we have arranged a socially distanced sports day for us to enjoy in our groups. We would love it if you could join in with us at home.

1. Jumping jacks (1 min)

2. Egg and spoon – If you don't have a real egg scrunch up a piece of paper instead. If you do not have anyone to race against see how long you can balance it for.

3. Bring sally up – squats (Flower song by Moby) simple squats up and down for length of song [Click link to hear song](#)

4. Javelin – homemade. Roll up some old newspaper to make a javelin. Measure how far it has gone (footsteps will be fine). Best of 3 throws.



5. Hopping – hop for 1 min at home.

6. Bean bag/sock on head – balance on your head for 1 min at home

7. Standing long jump – best of 3 (measure using footsteps)

8. Throwing bean bag/sock into a target on floor – set 3 different distances– three throws to get into 3 targets

9. Quick feet – stepping over a line – 1 foot to 1 foot or 2 feet to 2 feet–1 min

[Click link for example](#)

10. Finale - dance off to a popular song like gangnam style.

Results

If you want to send your results in, fill in the table below and send to your teachers email.

Event	Results
Jumping Jacks	_____ Jumps in 1 min
Egg and Spoon (balance)	_____ mins_____secs
Squats	_____squats
Javelin	_____ best throw
Hopping (balance)	_____mins_____secs
Beanbag/Sock (balance)	_____mins_____secs
Standing Long Jump	_____ best jump
Bean Bag/Sock Throw	_____/3
Quick Feet	_____ In 1 min

We hope you have lots of fun doing this.