

Lockdown Sports Day 2020

Name: _____

Class: _____



Activities	How many in one minute?	Instructions
Star Jump		Move legs and arms in and out at the same time, jumping up and down.
Socks in a basket		Get your rolled-up socks into the wash basket. Stand 3 steps away for EYFS, Y1 & Y2. 6 steps away for Y3-Y6.
Sock catch		Get a partner, throw and catch rolled up socks to each other.
Laps around garden (or any room at home).		Run laps around the garden, or a room in the house.
Tuck jumps		Jump up high with both knees tucked up to your chest.
Shuttle run		Run back and forth from one end of a room to the other.
Penalty shoot		Kick a pair of rolled-up socks between two chairs, a partner can stand in-between the chairs as a goalie.
Sock and hand bat		Use a partner to throw a pair of socks to you. Then use your hand as a bat to hit it away, or back to them.
Flip a sock pancake		Grab a frying pan, and flip your rolled-up socks, as if it was a pancake.
Push ups		Lie on your front, arms by your shoulders, toes tucked under and body off the floor. Bend and straighten your arms as many times as possible. You can do it against a wall if you need to.