

The logo for Virtual Sports Day features a red circle with a white wheat stalk icon on the left. To its right, the word "Virtual" is written in a large, orange, rounded font. Further right, the words "SPORTS DAY" are written in a colorful, multi-colored font (S: green, P: yellow, O: orange, R: red, T: blue, S: purple, D: blue, A: orange, Y: blue) and are underlined with a thick orange line. Above the underline, there is a small orange circle with a white dot inside, connected to the underline by two thin black lines.

Virtual SPORTS DAY

Challenges

- 1: **Throw, catch clap challenge** - Using a rolled up pair of socks, how many claps can you perform between a throw and a catch?
- 2: **30 second star jumps** - How many star jumps can you do in 30 seconds?
- 3: **Longest Plank** - How long can you hold a plank position for? Your body must remain horizontally straight.
- 4: **30 second push up challenge** - How many push ups can you do in 30 seconds?
- 5: **One leg balance** - How long can you hold your balance for on one leg? The knee on your raised leg must be above your waist.
- 6: **One hand throw** - Alternating hands how many throws and catches can you perform without dropping the item? Throws must be above your head.
- 7: **Points of contact** - Starting with 1 point of contact perform a balance, go onto 2 points, 3 points, 4 points, how many points can you have? You must hold each balance for 10 seconds. Most creative balance wins.
- 8: **Sock throw accuracy** - Take 2 giant steps from your target (bin, bucket, cooking pot) how many successful shots can you make without missing?
- 9: **Floor balance** - Sit on the floor, lift your legs up and put your arms out stretched holding a tin of beans in each hand. How long can you balance for?
- 10: **Throw and catch with partner**- Stand two meters apart from your partner and see how many times you can throw and catch an item without dropping it.
- 11: **Kick up challenge** - How many kick ups can you do with a rolled up pair of socks in 60 seconds?
- 12: **Three metre shuttle run** - Place 2 markers 3 giant steps away from one another. How many times can you touch each marker running to and from in 60 seconds?
- 13: **Bunny hops on chair** - How many bunny hops can you do, side to side, in 60 seconds using a chair to grip your hands onto?
- 14: **One Leg hop challenge**- How long can you hop on one leg for? The knee on your raised leg must be above your waist.
- 15: **Hand football** - Create a goal, take two large steps back, get onto your knees, push or roll your pair of socks and see if you can get a goal. How many goals can you get in 60 seconds?

Record Your Scores

Name:	
Class:	
House:	
Challenge Number	Your Score
Challenge 1	
Challenge 2	
Challenge 3	
Challenge 4	
Challenge 5	
Challenge 6	
Challenge 7	
Challenge 8	
Challenge 9	
Challenge 10	
Challenge 11	
Challenge 12	
Challenge 13	
Challenge 14	
Challenge 15	



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