

The Downs Primary School and Nursery – Sports Week 2020

Take a photo of yourself performing each activity. One House Point for each activity attempted.

<p>Activity 1 <b>Throw socks into a basket</b> While sitting down, can you throw socks into a basket?</p>	<p>Activity 2 <b>Speed Bounce</b> Can you bounce side to side over a ball or line for 30 seconds?</p>	<p>Activity 3 <b>Throw loo roll backwards over shoulder into basket</b> Can you throw a loo roll backwards over your shoulder into a basket?</p>
<p>Activity 4 <b>Knock a bottle over with a ball</b> Can you kick a ball and knock a plastic bottle over?</p>	<p>Activity 5 <b>Ball around the waist</b> Can you rotate a ball around your waist for 30 seconds?</p>	<p>Activity 6 <b>Star jumps</b> Can you perform star jumps for 30 seconds?</p>
<p>Activity 7 <b>Arm sits</b> Can you perform arm sits for 30 seconds? <b>THIS IS A TOUGH ONE!</b></p>	<p>Activity 8 <b>Ball under legs</b> Can you move a ball from hand to hand and under your legs for 30 seconds?</p>	<p>Activity 9 <b>Teabag in a mug</b> Can you throw a teabag into a mug? From how far can you do it?</p>
<p>Activity 10 <b>Step ups</b> Can you perform step ups for 30 seconds?</p>	<p>Activity 11 <b>Socks – different targets</b> Can you throw socks into targets at different lengths?</p>	<p>Activity 12 <b>Balance rotate and squat</b> Can you balance a book on head and then rotate one way, then the other and finally squat?</p>