



SCHOOL  
MEMBER



St. Catherine's Catholic Primary School  
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Monday 6<sup>th</sup> July 2020

## St Catherine's Virtual Sports Day!

Dear Parents,

We are delighted to be inviting you to take part in St Catherine's first-ever virtual sports day!

Sports Day is a very important day in our school year and we wouldn't want the children to miss out so this year we have decided to host a virtual sports day which you can participate in from your homes.

Please have a go at the activities, which can be done throughout the next two weeks. Please be aware some activities require speed, some require flexibility, some require skill and some are just for fun!

We would love to see photos of you participating in the activities. You can send them to,  
[hellott@st-catherines.cumbria.sch.uk](mailto:hellott@st-catherines.cumbria.sch.uk)

Perhaps you could wear your house colours?  
Why not see if you can beat your personal best!

Good Luck!  
St. Catherine's.

## St Catherine's Virtual Sports Day!

<p><b>Star Jump Burpees</b> How many star jump burpees can you do in 30 seconds or a minute? Challenge: Do a press-up, followed by a star-jump burpee!</p>	<p><b>Clap Catching</b> How many times can you clap between throwing and catching a ball? Challenge: Can you use two balls?</p>	<p><b>Egg and Spoon Race</b> How many laps of your garden can you do without dropping the egg? Challenge: Can you use the opposite hand?</p>	<p><b>Tug of War</b> Get a dressing gown cord or some rope, choose a partner and pull! Who can pull the greatest length across to their side?</p>
<p><b>Dribbling</b> Make a little course where you could dribble in and out of markers. Time yourself and see how many times you can complete your course in a minute or half a minute. Challenge: Can you dribble a ball?</p>	<p><b>Ball Bounce</b> How many controlled bounces can you do in 20 seconds or 40 seconds? Challenge: Bounce your ball onto a racket/pan. How many bounces can you do before the ball falls off?</p>	<p><b>Plank</b> Take the plank position and hold it for 30 seconds. Can you hold it for a minute? Challenge: As you stay in plank position, keep one hand on the floor and 'high-five' a partner or the air with the other hand.</p>	<p><b>Press-ups</b> How many press-ups can you do in 1 minute or 2 minutes? Remember to stay on your toes and the palms of your hands! Challenge: Can you clap between each press-up?</p>
<p><b>Cereal Box Lift</b> What is the smallest size box you can lift using only your mouth? Stand on your two feet and bend over, try to pick up a cereal box using your mouth. Then tear the box so it is smaller and repeat!</p>	<p><b>Target Throwing</b> Set three targets, get bean bags/ teddies/ cushions ready. Throw your object into a target to receive points. How many points can you get? Challenge: Increase the distance you are throwing</p>	<p><b>Chair Time</b> Sit down, Stand up! How many times can you do this in 30 seconds or a minute? Challenge: Lying flat to standing tall, can you stand up each time without using your hands?</p>	<p><b>Tin Roll</b> Get a tin of beans, place them at a start position. How far can you roll them in a straight line? Challenge: Use a smaller tin, can you roll the tin the same distance as the larger tin?</p>

	<i>the objects.</i>		
<b>Jumper Race</b> How many jumpers can you put on in a minute without taking them off? Challenge: Can you put 15 jumpers on and 15 trousers in less than one minute?	<b>Speedy Stairs</b> Staying on your bottom, how quickly can you get from the bottom to the top of your stairs? Challenge: How quickly can you hop, two-feet to two-feet up your stairs?	<b>Books on Head Balance</b> Place some books on your head, how far can you walk without them falling off? How many books can you balance? Challenge: How long can you balance on one leg without the books falling off?	<b>Blind Fold Balance</b> Use a jumper or blind fold to cover your eyes. How long can you balance for without wobbling? Challenge? Balance on one leg, and bend at the knees. Can you go all the way down to the floor and back up without wobbling?