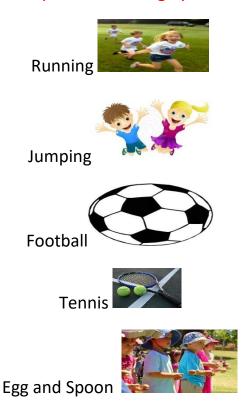
St. Joseph's Primary School

Sports Day 2020

Tuesday 16th June

Join us on this day to have some active fun!

Parents/Guardians please encourage your child to do some



Why not set up a little obstacle course for yourself using these?

Teacher suggests you might:

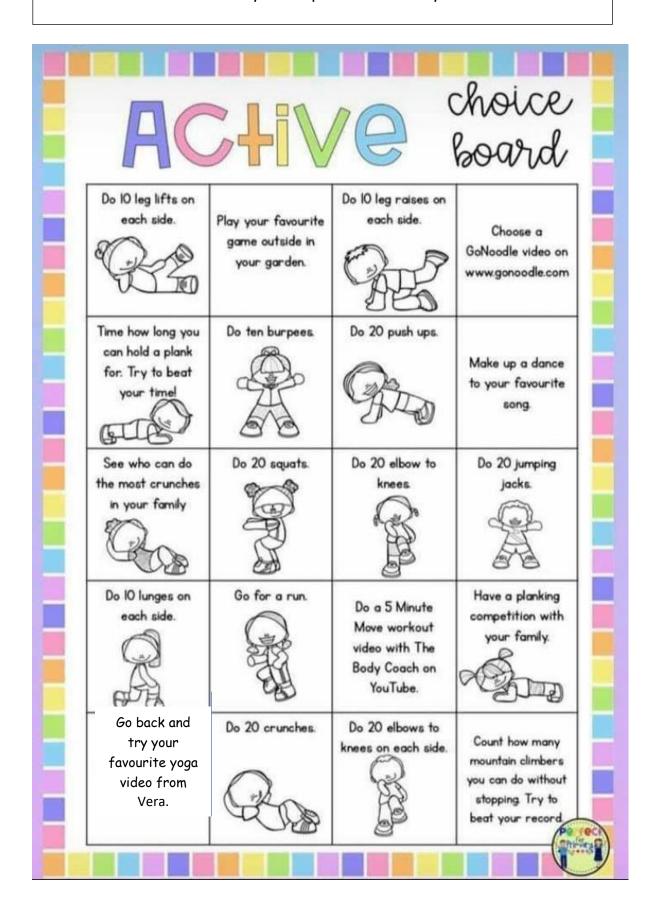
- Choose some activities from the ACTIVE CHOICE BOARD that's attached
- Try the SPELL YOUR NAME WORKOUT page that's attached

Take a photo and email it to me or upload it on Seesaw.

Have a good Sports Day and Stay Safe!

Sports Day

Here are some activities which you could try at home with your family. You can do all of them if you wish or pick your favourite ones. Colour in each box as you complete the activity.



This is a very fun activity you can do in your home or in the garden. Spell your name and then do the activities which match the letters in your name. You could then challenge yourself and spell a friend's name.

Enjoy!

Spell your name PE!

A- 5 Jumping Jacks
B- 5 Jumping Jacks
C- 10 jumps
D- hop on your right foot

E- hop on your left foot F- crab walk for 10 seconds

G- do 5 sit ups

H- 10 mountain climbers

L 5 push ups

J- 30 second high knees

K- kick your left foot as high as you can

L- kick your right foot as high as you can

M- 5 jumping jacks

N- 10 jumps

O- hop on your right foot

P- hop on your left foot

Q- do 5 sit ups

R- do 10 mountain climbers

S- crab walk for 10 seconds

T- 5 push ups

U-kick your right foot as high as you can

V- kick your left foot as high as you can

W- Run in place for 30 seconds

X- run with high knees

Y-5 push ups

Z-5 sit ups