

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

Running



Jumping



Football



Tennis



Egg and Spoon



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.

Active choice board

<p>Do 10 leg lifts on each side.</p> 	<p>Play your favourite game outside in your garden.</p>	<p>Do 10 leg raises on each side.</p> 	<p>Choose a GoNoodle video on www.gonoodle.com</p>
<p>Time how long you can hold a plank for. Try to beat your time!</p> 	<p>Do ten burpees.</p> 	<p>Do 20 push ups.</p> 	<p>Make up a dance to your favourite song.</p>
<p>See who can do the most crunches in your family</p> 	<p>Do 20 squats.</p> 	<p>Do 20 elbow to knees.</p> 	<p>Do 20 jumping jacks.</p> 
<p>Do 10 lunges on each side.</p> 	<p>Go for a run.</p> 	<p>Do a 5 Minute Move workout video with The Body Coach on YouTube.</p>	<p>Have a planking competition with your family.</p> 
<p>Go back and try your favourite yoga video from Vera.</p>	<p>Do 20 crunches.</p> 	<p>Do 20 elbows to knees on each side.</p> 	<p>Count how many mountain climbers you can do without stopping. Try to beat your record.</p>



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
- I- 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