

Wearhead Primary Virtual Sports Week – Pupil Record Sheet

<p><u>Blindfold Balance</u> How long can you stand on one leg blindfolded?</p> <p>Time</p>	<p><u>Plank Shoulder Tap</u> How many shoulder taps can you manage in a plank position in one minute?</p> <p>How many.....</p>	<p><u>Book Balance</u> How far can you walk? How long can you stand?</p> <p>How many steps?..... How many seconds/minutes?.....</p>	<p><u>Bunny Hops</u> How many bunny hops can you do in a minute? How far can you travel with 5 bunny hops? How many?..... How far (metres).....</p>	<p><u>Sit Down</u> <u>Stand Up</u> How many times can you sit down, stand up in one minute? How many? Bronze level = 30 or more Silver Level = 50 or more Gold Level = 60 or more</p>
<p><u>Keepy Up Challenge</u> No catching. How many times can you touch the balloon or ball to keep it up without it touching the floor.</p> <p>How many?.....</p>	<p><u>Not Quite an Egg and Spoon Race</u> How many laps of your garden or living room can you do in one minute without dropping your egg?</p> <p>Number of laps..... Extra challenge :Make an obstacle course for your race with 6 obstacles. How many laps of your course without dropping your egg? Number of laps.....</p>	<p><u>Target Throw Challenge</u> How far away can you stand from a target and hit it?</p> <p>Best Distance cm/m.....</p>	<p><u>Skipping</u> How many skips can you do before you stop?</p> <p>How many skips?.....</p>	<p><u>How Far Can You Jump?</u> Standing long jumps. How far did you jump?</p> <p>How far?.....</p>
<p><u>Taekwondo Challenge</u> How many sets can you perform in 30 seconds? Number..... How many sets can you perform in 60 seconds? Number</p>	<p><u>Tennis Racket Bounce</u> How many times can you bounce a ball on a tennis racket before it falls off?</p> <p>How many times.....</p>	<p><u>Plank</u> How long can you hold a plank for?</p> <p>Time.....</p>	<p><u>Washing Line</u> How quickly can you peg 5 items on a washing line? Every item has to have a least one peg.</p> <p>Time.....</p>	<p><u>Walking/Cycling Challenge</u> How far have you travelled outdoors this week? (in km)</p> <p>Walking distance..... Cycling distance.....</p>

Pupil Name (Full instructions for all activities are on the school website)