



Academy Virtual Sports Day

Here's our guide to completing our Academy Virtual Sports Day, let's see if you can beat your classmates, teachers and even family at home, get them to get have a go! The video demonstrations of adults at school doing these events can be found on the school website and Facebook page.

Event	How to complete
Broom handle over and under	Get two chairs and a broom, mop or any long stick Place the stick on the chairs Go over and under the stick as many times as possible in one minute Each over and under repetition counts as a score of one
Lateral Step	Take two objects and place them roughly 2 metres apart Move or 'skate' between them as fast as you can Record how many times you touched each object in 1 minute
Speed Bounce	Get some kitchen roll or toilet paper Lay it on its side to make a small barrier Bounce as many times as you can over the roll in 1 minute Each bounce scores one point
Sock Throw	Grab a bucket and a lot of socks! Put the bucket at least 2 metres from you Throw as many socks as you can into the bucket in one minute Count the socks at the end or as you go if you need to use the socks again!
Balance on one leg	Stand on one leg Start your timer Record how many seconds you lasted!

Once you have completed these 5 fun events, fill out a score sheet and return to sportsday@stmartins.kent.sch.uk before **Friday 10th July!**

Good luck and have fun!



Virtual Sports Day Score Sheet

Name -

Class-

Event	Score
Broom Handle over and under	
Lateral Step	
Speed Bounce	
Sock Throw	
Balance on one leg	seconds