

KS2

Inter-Schools

Virtual Sports Day

EQUIPMENT:

Socks x 6
Tape
measure or
ruler
Stopwatch

Welcome to our Virtual Sports Day. Practice each one of these activities and when you are ready you can record your scores. Each Activity lasts 20 seconds. **Good Luck!**

Activity 1: Speed Bounce (1 sock or you can use chalk, masking

1. Place a sock down.
2. Stand at the side of the sock
3. How many two footed jumps over the sock can you do in 20 seconds?



SCORING: Number of jumps = Number of points e.g. 30 jumps = 30 points

Activity 2: Sock Throw (6 socks - 4 adult socks for the target)

1. Stand 2 metres away from the target (4 adult socks)
2. Throw 1 rolled up sock into the target
3. Run and collect your sock and repeat again
4. How many times can you land the sock into the target in 20 seconds?



2 Metres apart



SCORING: 1 point for getting it in or hitting the target

Activity 3: Sock Ladder Sprint (4 socks or you can use chalk, tape etc)

1. Socks to be placed 50cm apart.
2. Start behind the first sock
3. Sprint up and down the ladder in between the socks for 20 seconds



50cm



SCORING: 1 point = 1 length of the ladder

Activity 4: Long jump (2 socks)

1. Socks 50cm apart
2. Two footed long jump from sock A to sock B and back to sock A - then repeat
3. Ensure you are jumping forward



SOCK
A



50cm
apart



SOCK
B

Activity 1: Speed Bounce (20 seconds)

Write your score below:



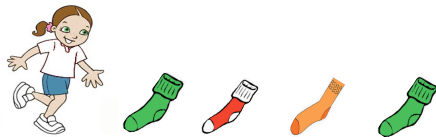
Activity 2: Sock Throw (20 seconds)

Write your score below:



Activity 3: Sock Ladder Sprint (20 seconds)

Write your score below:



Activity 4: Long jump

Write your score below:



Add up all your scores and record in the total score box.

TOTAL SCORE

Well done for completing your Virtual Sports Day!

