

Dobcroft Infant School

Virtual Sports Day!



How to take part:

Listed on the challenge sheet are 12 different activities for you and your family to try.

See how many activities you can tick off.

All of the activities are designed to be simple to follow, and not use minimal equipment. If you do not have the equipment available then you can always change it for something else.

If you are finding something tricky, you can change the activity or have a rest.

Most importantly have fun, and send us some pictures or videos of what you get up to.

Achieve Gold

Complete all of the challenges on the card.

Achieve Silver

Complete one activity from each line.

Achieve Bronze

Complete a horizontal or vertical line of challenges.

Rubbish Bin Basketball

Scrunch up a piece of paper or use a soft ball. Can you shoot the ball into a bin? You get 5 attempts.



Personal Challenge

How far can you ... Hop / skip / jump?
Who in your family can jump the furthest?

Ball Bounce

Ball a ball off a wall outside (you can do this inside but use a soft ball). How many times can you bounce and catch it in 1 minute? Can you improve your score?

Sack Race

Use a bin bag or old pillowcase and see if you can jump from one side of your open space or room in your house to the other.
You can race as a family.

Egg and Spoon Race

How many lengths of your garden or a room can you do in one minute? If you drop it pick it up can carry on. You can use a different object to an egg if you wish.

Speed Bounce

Place an old towel or teal towel on the floor in a line. How many times can you jump sideways over in 30 seconds?
Can you improve your score?



Obstacle Course

Make up your own obstacles course e..g under the table, round a tree, slide across the floor or even jump on the bed! It can be inside or outside. See how many laps you can complete.

Air Claps

How many claps can you do when you throw a ball, or bean bag in the air?

Long Distance Running

In an outdoor space available to you. Run as many laps as you can in 2 minutes.

Golf Target

Use a cup or pan for the hole and a golf ball / ball or scrunched up paper. Shoot it into the cup / pan using your hands or feet. You decide your distance. You get 5 attempts.

Spell your Name

Complete the activities to spell out your name.

Details on the next page



Water Race

Fill a bowl with water, fill a cup and race to another bowl or sink on the opposite side of your room or garden. How many cups can you move in 1 minute? You can create an obstacle course to go around if you wish.

Spell your Name

Spell out your name by completing the activities for each letter.

A – 5 jumping jacks

B – 10 seconds high knees

C – 10 hops

D – 5 hops on left foot

E – 5 hops on right foot

F – crab walk for 10 seconds

G – 5 sit ups

H – 30 seconds high knees

I – touch your toes 5 times

J – kick your left leg as high as you can

K – kick your right leg as high as you can

L – 15 jumping jacks

M – touch your toes 10 times

N – run on the spot for 30 seconds

O – 60 seconds high knees

P – hold a pike balance for 30 seconds

Q – 5 jumps as high as you can

R – balance on 3 body parts

S – 10 jumping jacks

T – 20 seconds high knees

U – bear walk for 10 seconds

V – 5 squats

W – air punches for 20 seconds

X – hold a straight balance for 30 seconds

Y – run on the spot for 10 seconds

Z – shake your whole body for 10 seconds

You could also spell out your surname, your middle name, your class name or your new class name.