

Welcome to our home/school sports day. We hope that you will enjoy joining in with these activities. The links are to songs your child dances to during our daily warm up.

We would love to see some photos of your child completing the challenges. Please send us them via our email address

[eyfs@zetland.org.uk](mailto:eyfs@zetland.org.uk)

We will send your child a certificate if you let us know they have joined in.

### Warm up.

<https://www.youtube.com/watch?v=2u3KnZZkY3s>

Wake up our muscles.

Sing head, shoulders knees and toes with the actions.

Do some stretches like in the pictures.



### Activity 1

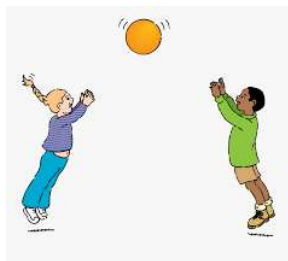
Bounce and catch a ball 5 times.



5 points

### Activity 2

Throw and catch a ball 5 times.



5 points

### Activity 3

Throw a beanbag into a hoop. See how many times you can hit the target in 1 minute.

If you don't have a beanbag and hoop use a rolled up pair of socks and throw into a large bowl, bucket or a chalk circle.




1 point each time you hit the target.

### Activity 4

Balance a beanbag on your head and count to 20.



Did you manage to do it without dropping it? 5 points if you did, 2 points if you had to pick it up before you finished counting to 20.

<p><b>Activity 5</b> Again substitute rolled socks for beanbags if you need to. <a href="https://www.youtube.com/watch?v=8RPHzceNdAY">https://www.youtube.com/watch?v=8RPHzceNdAY</a> Do the bean bag bop.</p> <p><a href="https://www.youtube.com/watch?v=Uae9m9VrQiA">https://www.youtube.com/watch?v=Uae9m9VrQiA</a> Bean bag rock</p> <p><a href="https://www.youtube.com/watch?v=galYJe-N8Sg">https://www.youtube.com/watch?v=galYJe-N8Sg</a> Shake your bean bag</p> <p>5 points for each song you joined in with.</p>	<p><b>Activity 6</b> Racing games Race against a family member.</p> <p>Run to the gate/fence and back 3 times.</p> <p>Hop to the gate/fence and back once.</p> <p>Jump with 2 feet together to the gate/fence and back.</p> <p>Walk backwards to the fence and back. Look behind you. Don't bump into anything.</p> <p>5 points for each race won</p>	<p><b>Activity 7</b> Roll a dice to tell you how many times to do the following:</p> <p>Jump Hop Star jumps Touch your toes.</p> <p>If you don't have a dice you can use a random number generator on your phone.</p> <p>5 points for each different action completed.</p>
<p><b>Activity 8</b> <b>Balance</b></p> <p>Use what you have to make a balance 'beam'. This could be, for example, a plank of wood, a skipping rope, sheets of paper or a scarf.</p> <p>Balance carefully along your item trying not to wobble off. Change the shape you are balancing on. Make it wiggly, make a circle, make a zig zag.</p> <p>2 points each time you stay balanced.</p>	<p><b>Cool down</b></p> <p><a href="https://www.youtube.com/watch?v=1ac-xMobPyw">https://www.youtube.com/watch?v=1ac-xMobPyw</a> <b>Elephants have wrinkles</b></p> <p>How are you feeling? Are you feeling hot? Are you breathing faster? Lie on the floor and put your hands on your chest. Breath in and out slowly feeling your chest rise.</p> <p>Can you feel your heartbeat?</p>	<p><b>Finally</b> Have a rest and help make a healthy snack and drink. Tell us what you have chosen for your healthy snack.</p>  <p>Count up your points. Did another family member join in? How many points did they get? Let us know.</p> <p>We look forward to seeing your photos.</p>