

<p><u>Sport's Day (at home!)</u> 22nd-26th June</p>	<p>There are lots of Sport's Day stories to listen to! https://www.youtube.com/watch?v=K26eJb7Rz80 https://www.youtube.com/watch?v=dquBluyAC7Y https://www.youtube.com/watch?v=MOPn93Arutg https://www.youtube.com/watch?v=NiYJS6GLsHI</p>	<p>Watch 'Life with the Large Family Sports Day'. https://www.youtube.com/watch?v=DS1c4jQT9nY Choose a Cosmic Kids yoga session to complete. https://www.youtube.com/user/CosmicKidsYoga Watch 'The Little Princess' Sport's Day https://www.youtube.com/watch?v=6tqHKH2nhLs</p>	<p>Can you try some vegetables - ask your grown up if they can cut some cucumber, carrot and pepper sticks and have a try of them!</p>
<p>Have a go at making some healthy fruit kebabs. I have attached a recipe you could use but feel free to change the fruits!</p>	<p>What was your favourite sports activity you have completed at home? Write a sentence about it and draw a picture of yourself completing it!</p>	<p>We use ordinal numbers when people finish races. Can you order the ordinal numbers for the dinosaurs?</p>	<p>Can you make some bunting for the area you are completing your sports challenges? You could draw or paint your triangles and put them together.</p>
<p>Design your own medal for your sports day.</p>	<p>See if you can make some oat and raisin cookies - they will give you lots of energy to complete the activities!</p>	<p>Sports Challenge: <u>Egg and spoon race</u> - choose an area for your race. Balance a hard boiled egg (or potato) on your spoon. Don't drop the egg!</p>	<p>Sports Challenge: <u>Standing long jump</u> - stand with your legs together and jump. Complete it three times and see if you can beat your distance!</p>
<p>Sports Challenge: <u>Water race</u> - fill a bowl with water, fill a cup and race to the other bowl. Run back. How many cups of water can you get into a bowl in one minute?</p>	<p>Sports Challenge: <u>Pillowcase sack race</u> - have a sack race at home. Who will win first?</p>	<p>Sports Challenge: <u>Speed bounce</u> - make a hurdle (draw a line with chalk or use something like a shoe). Jump side to side over the hurdle. How many jumps can you do in 30 seconds?</p>	<p>Sports Challenge: <u>Bucket ball</u> - draw a line to stand behind. Put a bucket 1m away from the line. How many balls can you throw into the bucket in 30 seconds? You can use balls, rolled up socks or even soft toys!</p>

I hope you are all keeping well. I have added some things which can be printed out but please don't worry if you haven't got a printer. They can be easily drawn onto paper. I would love to see some photos of you completing the sports challenges and your scores and times. Please send photos and results to eyfs@zetland.org.uk. Take care and have a good week!