

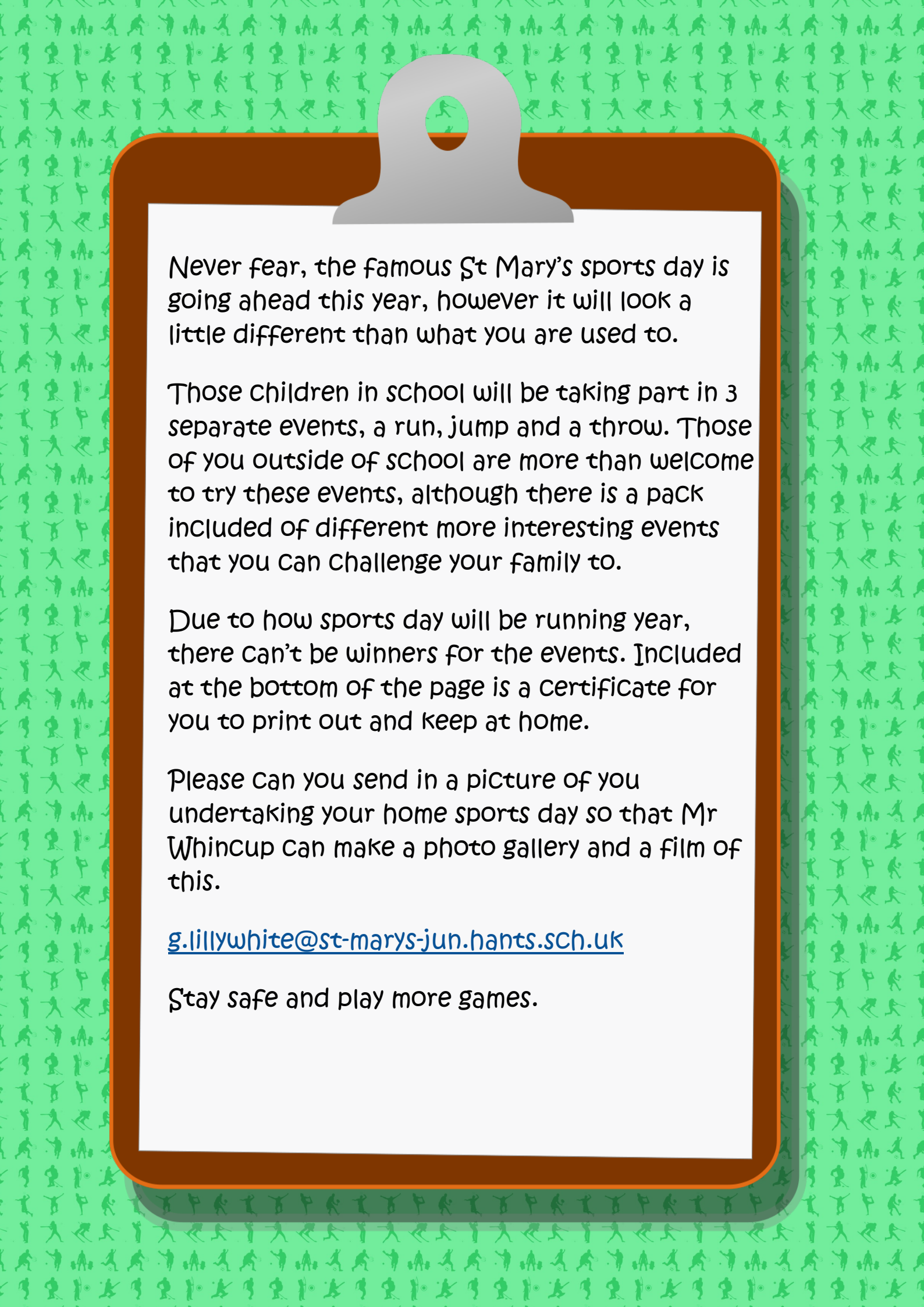
St Mary's



Church of England Junior School

# Virtual Sports day 2020

**A guide to St Marys virtual sports day 2020. Included are the events undertaken in school and ideas for you to try at home.**



Never fear, the famous St Mary's sports day is going ahead this year, however it will look a little different than what you are used to.

Those children in school will be taking part in 3 separate events, a run, jump and a throw. Those of you outside of school are more than welcome to try these events, although there is a pack included of different more interesting events that you can challenge your family to.

Due to how sports day will be running year, there can't be winners for the events. Included at the bottom of the page is a certificate for you to print out and keep at home.

Please can you send in a picture of you undertaking your home sports day so that Mr Whincup can make a photo gallery and a film of this.

[g.lillywhite@st-marys-jun.hants.sch.uk](mailto:g.lillywhite@st-marys-jun.hants.sch.uk)

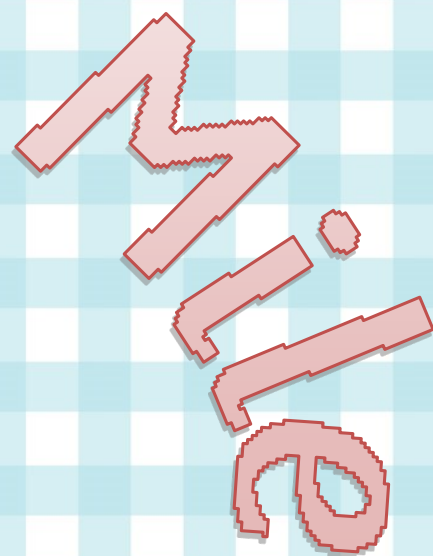
Stay safe and play more games.



# Home Sports day ideas

*Here are some ideas for  
you to try at home.*

# Daily



Use everything that you have learnt in school to go for a run with your family. How far can you run in 15 minutes?

Top Tip: Start off slowly so you don't run out of energy, remember you can always speed up towards the end.





# Not quite egg and spoon race

How many times can you run around the garden with your “egg and spoon”. Remember, you have to stop if it falls off.



However, you don't have to use an egg or spoon. Talk to an adult to help you find something you can use.

# Classic skips



Simple rules: How many skips can you do before you have to stop?  
Challenge an adult to compete against you.

# sort of tennis raquet bounce



How many  
times can you  
bounce a tennis  
ball in a row?

You can  
always use a  
frying pan  
and balled up  
socks.



# Washing line challenge



**How quickly  
can you peg  
five items  
onto the  
washing  
line?**

**Important  
rule!  
Each item  
must have at  
least one  
peg.**



# Sophisticated Book Balance

Balance one book upon your head, stopping when it falls off.

Challenge 1:

How far can you go without the book falling off your head?

Challenge 2: How long can you stand on one leg before the book falls off your head.

