

**10 METRE SPRINT**

**1 POINT OVER 5 SECONDS**

**2 POINTS 4-5 SECONDS**

**3 POINTS UNDER 4**

**SECONDS**

**1 MINUTE STEP UP**

**CHALLENGE**

**1 POINT UNDER 30**

**3 POINTS 31-50**

**5 POINTS OVER 50**

**STANDING LONG JUMP**

**1 POINT UNDER 50CM**

**3 POINTS 51-100CM**

**5 POINTS 101CM +**

**1 MINUTE SPEED BOUNCE**

**1 POINT UNDER 20**

**2 POINTS 21-40**

**3 POINTS 41 +**



**Monday 6<sup>th</sup> July until  
Friday 10<sup>th</sup> July**

**1 MINUTE WALL THROW**

**1 POINT UNDER 10**

**2 POINTS 11-20**

**3 POINTS 21 +**

**1 MINUTE BURPEE**

**CHALLENGE**

**1 POINT UNDER 8**

**3 POINTS 9-12**

**5 POINTS 13 +**

**1 MILE RUN/WALK**

**5 POINTS OVER 10 MINUTES**

**7 POINTS 8-10 MINUTES**

**10 POINTS UNDER 8 MINUTES**



### 10 metre sprint

- Measure out a 10 metre track and mark it out with cones/ jumpers/ markers etc.
- Ask someone to say- on your marks, set go and then they will time you with a stopwatch or smartphone.
- Sprint as fast as you can from first marker to the second.
- Stop the time when you reach the second marker.

Safety- Make sure you have enough room after the second cone to slow down and make sure there are no obstacles on your track.

### 1 minute Step Up Challenge

- Step up onto a step with both feet one after the other.
- Step down off the step with both feet on after the other.
- Each time you complete this it is 1 point.

Safety- Make sure you place your whole foot on and off the step each time you complete a step up.

### 1 minute speed bounce

- Find a line on the floor or place a cone or marker on the floor.
- Stand with your two feet together and jump over the line, cone or marker.
- Each time you bounce to the other side of the line, cone or marker it scores 1 point.
- You will need to get someone to time you and you can get them to count your points or you can count them yourself.

Safety- Make sure the cone or marker is no more than 10cm tall.

### Standing Long Jump

- Lay out a measuring tape or tape measure.
- Stand slightly to the side of the tape measure at the 0cm.
- Put the feet together.
- Bend your knees and swing your arms and then jump forwards.
- Land with your knees bent and with your two feet together.
- Measure from the back of your foot.

Safety- Make sure the tape is to the side of you and you don't jump onto the tape. Keep the knees bent when you land.



## Instructions for each event

### 1 minute Burpee Challenge

- Start in a press up position.
- Jump the legs in towards the chest.
- Jump the legs back out and stand up.
- Jump straight up in the air raising your arms above your head.
- Each time you complete this it equals 1 point.

Safety- If you have a mat onto have your hands on the mat and not your feet as you might slip on the mat.

### 1 Mile run

- Using your smartphone, smartwatch or a pedometer complete a run covering 1600metres.

Safety- Ensure you warm up before doing this event (pulse raiser and dynamic and static stretches). Complete this in a safe environment and with an adult if possible.

### 1 minute Wall Throw

- Using a tennis ball if you have one.
- Throw the ball with the right hand off the wall into the left hand. This equals 1 point.
- Repeat this throwing the ball from the left hand off the wall into the right.

Safety- Make sure you use a flat wall without any windows.



<b>Stockland Green virtual Sports Day</b>		<b>Score/Distance/Time</b>	
<b>Name:</b>	<b>House:</b>	<b>Year group:</b>	
1 mile run/walk			
1 minute step up challenge			
1 minute Wall throw			
Standing long jump			
10 metre sprint			
1 minute Burpee challenge			
1 minute speed bounce			
Total score			



# How to Enter



- Video / photo yourself doing 1 to 7 of the events, you can do as many as you want.
- Email the video to [PE@stockgrn.bham.sch.uk](mailto:PE@stockgrn.bham.sch.uk).
- Let us know how many points you achieved by sending in your score card with your results, with your name on.
- We will send you a certificate in the post.
- Post on our social media pages, entries and scores.
- Teachers will also be taking part to win points for their house

