

Sports Week!

This week we challenge you to participate in as many sporting activities as you can!

How many kilometres can you cover this week by walking, biking or running? Can you cover the equivalent of a marathon this week (26.2 miles/ 42.2km)

Challenge 1

In school, we will be participating in 10 events and scoring our performance. The events will include:

- 10 m x 6 times shuttle runs
- 30m skips
- Long jump
- Triple jump
- 2 handed soccer ball throw

Have a go at some of the events and send



Challenge 2

Can you create your own sporting event?

How do you participate in your event?

What equipment do you need to participate?

Challenge 3

Create your own Sports Day!

What events will be at your sports day?

Can you create a poster to advertise your sports day?

<https://www.youtube.com/watch?v=1utfGpHSNHE&list=PLemcx8qcUKRzIBw9bbY9hFB6RFbvbjrBK&index=6>



Challenge 4

Research a new sport!

You may wish to learn about:

Dressage, Lacrosse, Triathlon, Decathlon, Archery, Fencing, Volleyball or a sport of your choice!

