



Christchurch  
Junior School



Year 4 –  
virtual sports day



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Junior School

# Have fun, stay safe!

Remember to take part in the 'sports day' with an adult and stop if you are tired or injured.

If you do not have the space or equipment for an activity then try to use a larger outside space or adapt the activities to suit you.

You can pick and choose from the activities on the next page. They can be spaced out over a longer period of time if needed.

Take a photo to show us how you got on.



# How many can you complete?

*Shuttle runs	*Standing long jump	*Vertical Jump	*Speed bounce	*Target throw
Fruit and spoon	Bunny hops	Balance a book	Skipping	Throw and catch
Sit down stand up	Throw and clap	Plank	Ball waddle	Jumping shuttle run

*\*Pentathlon activities*



# \*Pentathlon activities

Download the Virtual Pentathlon sheet to access the videos shown below.

**DORSET SCHOOL GAMES**

## ATHLETICS PENTATHLON

CLICK HERE FOR [GUIDANCE NOTES](#)

CLICK LINKS

**WATCH**  
INTRO VIDEO

**EQUIPMENT**

- STOPWATCH / TIMER
- TAPE MEASURE / RULER
- CEREAL BOX OR TOWEL
- 3 PAIRS ROLLED UP SOCKS OR 3 BEANBAGS
- VERTICAL SCALE

**QUALITY NEEDED**

- HONESTY

**CHALLENGE 1**  
**SHUTTLE RUN**

**CHALLENGE 2**  
**STANDING LONG JUMP**

**CHALLENGE 3**  
**VERTICAL JUMP**

**CHALLENGE 4**  
**SPEED BOUNCE**

**CHALLENGE 5**  
**TARGET THROW**

**FINAL STEP**  
[Enter your results here via goggle form](#)

**TWEET US**  
[@DorsetGames](#)

**VIRTUAL SCHOOL GAMES**

**active dorset**  
Community Interest Company

Please click here for [adaptions](#) for SEND pupils

**DETERMINATION**

# Fruit and spoon race

## Equipment:

- Spoon (large or small)
- Any object that will fit on your spoon.
- Timer



How many shuttle runs can you do in 2 minutes with your fruit balancing on your spoon?

# Bunny hops



*How many bunny hops can you do in one minute?*



# Balance a book

## Equipment:

- Hard back book
- Tape measure



How far can you travel  
with a book balancing  
on your head?

# Skipping

## Equipment:

- Skipping rope/rope



How many skips can you do without stopping?



# Throw and catch



## Equipment:

- Any size ball

Throw the ball in the air and catch it or throw to a partner. How many can you complete in one minute?

# Sit down stand up

## Equipment:

- Chair or sofa
- Stop watch



Stand up



Sit down

ISTCollective.com

How many times can you stand up and sit down in a minute?

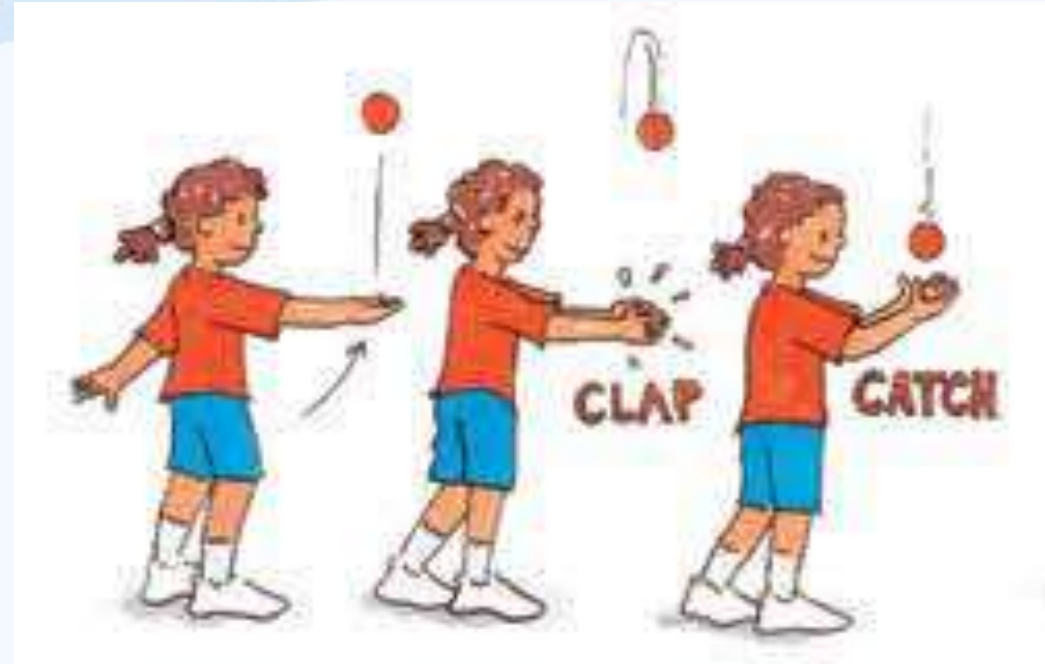
It's harder than it sounds!

# Throw and clap



## Equipment:

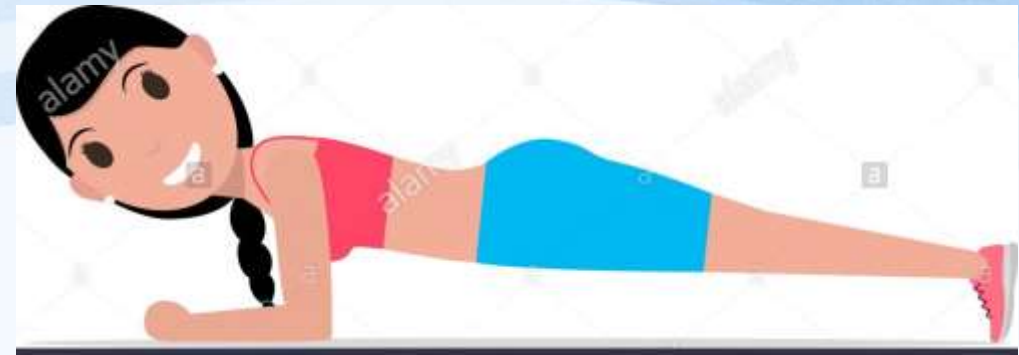
- Any size ball



Throw the ball in the air and clap before you catch. How many claps can you do before you catch the ball?



# Plank



*How long can you hold the plank position?*

*30 seconds to one minute is very good!*

# Ball waddle

## Equipment:

- Any size ball
- Tape measure



Place a ball between your knees (smaller balls are harder) and 'waddle' as far as you can!

How many shuttle runs can you do without dropping your ball?

# Jumping shuttle run



Jump with two feet and bend your legs when you land.

How many jumping shuttle runs can you do?



# Recording sheets

You may want to use one of the recording sheets that can be downloaded.

\_\_\_\_\_ 's Virtual sports day recording sheet

Event		1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt	3 <sup>rd</sup> attempt
Shuttle runs	How runs in 2 minutes?			
Long jump	How many metres?	_____m	_____m	_____m
Vertical jump	Use the jump scale or tape measure.			
Speed bounce	How many jumps in 20 seconds?			
Target throw	Points /Or how many on target?			
Fruit & spoon	How many shuttle runs in 2 minutes?			
Bunny hops	How many in 1 minute?			
Balance a book	How far can you travel?	_____m	_____m	_____m
Slither	How many			

Good luck, let us know how you get on.