

_____’s Virtual sports day recording sheet

Event		1st attempt	2nd attempt	3rd 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
Skipping	How many continuous jumps?			
Throw and catch	How many without stopping?			
Sit down, stand up	How many in one minute?			
Throw and clap	How many claps?			
plank	How many seconds?	_____s	_____s	_____s
Ball waddle	How many shuttle runs?			
Jumping runs	How many shuttle runs?			

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Event		Record
Shuttle runs	How runs in 2 minutes?	
Long jump	How many metres?	_____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
Skipping	How many continuous jumps?	
Throw and catch	How many without stopping?	
Sit down, stand up	How many in one minute?	
Throw and clap	How many claps?	
plank	How many seconds?	_____s
Ball waddle	How many shuttle runs?	
Jumping runs	How many shuttle runs?	

*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