

## How to participate?

1. Use the days prior to Sports Day to familiarise yourself with the challenges.
2. Practice the challenges as much as possible.
3. On your chosen day for sports day, record your scores for each challenge.
4. This is a personal best challenge, but there is no reason why you can not compete against others in your household.

## What you'll need?

1. Piece of paper and a pen
2. A timing device (stopwatch or phone)
3. A towel
4. x4 tins of canned food
5. Pair of socks
6. Tape measure
7. A bucket or box



## Honesty

Honesty with others and yourself. Having the courage to do the right thing and what you know is right.



# Home Sports Day 2020



Challenge	Attempt 1	Attempt 2	Attempt 3	Best Score
1 - Standing Long Jump (cm)				
2 - 20x5 Shuttle Run (s)				
3 - Standing Stalk Test (s)				
4 - 5 Strides Jump (m)				
5 - Throwing Square				
6 - Burpee Challenge				
7 - Agility Run				
8 - Speed Bounce				

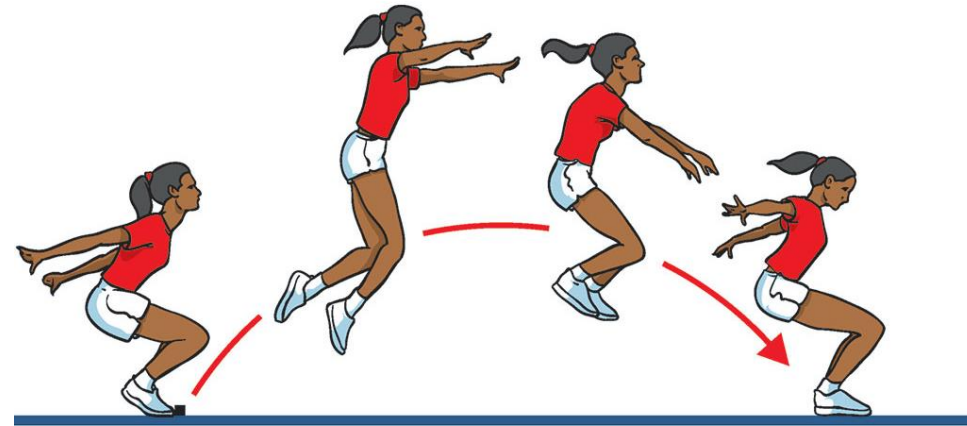
# Challenge 1 – Standing Long Jump

Fitness  
Components  
Used:  
Power

**Equipment needed:** Tape measure

## Rules

- Participant should start behind the jump line at 0cm.
- They must then jump off two feet as far as possible, whilst landing on two feet.
- You don't need to hold the landing but if you fall backwards your jump will not be recorded.



## Safety

Please use a dry and flat area to jump on.



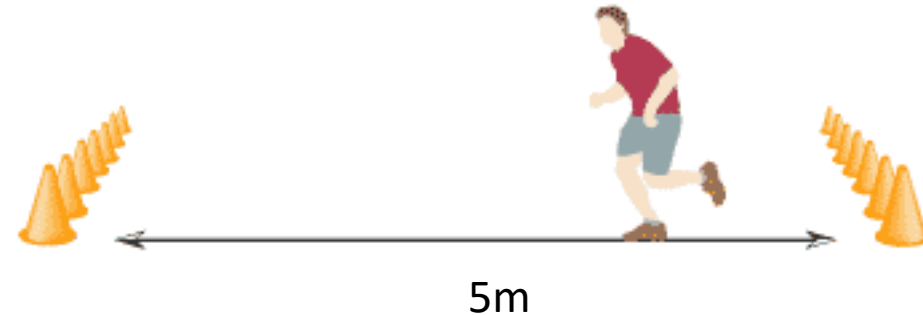
## Challenge 2 - 20 x 5m Shuttle Run

Fitness  
Components  
Used:  
Speed  
Reaction Time

**Equipment needed:** Tape measure, tins or cones and stopwatch.

### Rules

- Set up a distance of 5m using a tape measure. Mark out your track using your cones or tins.
- Each participant must run a total of 20 times to complete 100m.
- A stopwatch can be used to measure your time.



### Safety

Please use a dry and flat area to run.



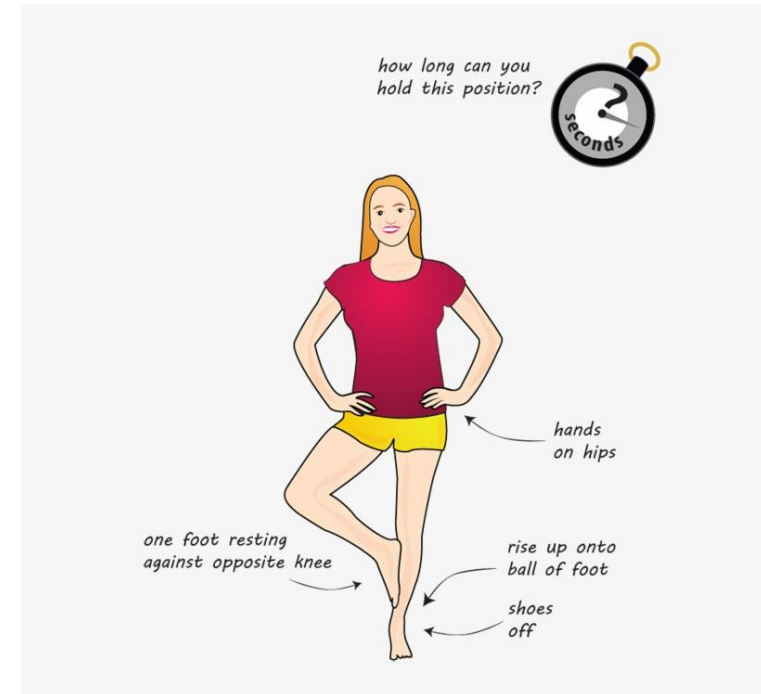
## Challenge 3 – Standing Stalk Balance

Fitness  
Components  
Used:  
Balance

**Equipment needed:** Stopwatch

### Rules

- The athlete stands comfortably on both feet with their hands on their hips.
- The athlete lifts the right leg and places the right foot against the side of the left knee.
- The assistant gives the command “GO”, starts the stopwatch, and the athlete raises the heel of the left foot to stand on their toes
- The athlete is to hold this position for as long as possible
- The assistant stops the stopwatch when the athlete's left heel touches the ground, or the right foot moves away from the left knee.



### Safety

Please use a dry and flat area to run.



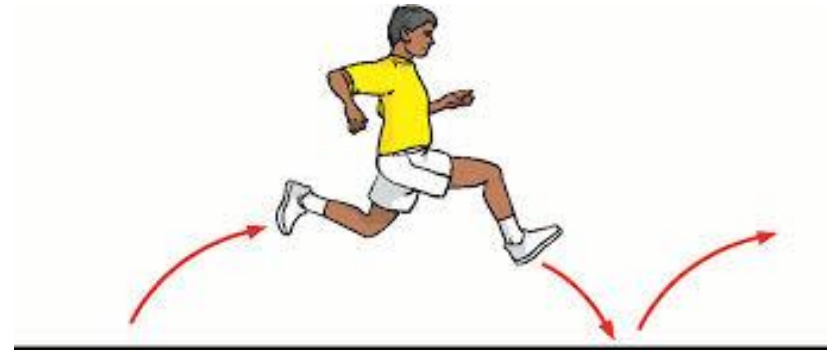
## Challenge 4 – 5 Strides Jump

Fitness  
Components  
Used:  
Power  
Coordination

**Equipment needed:** Tape measure

### Rules

- Participant begins from a standing position behind the starting line.
- The participant then takes five bounding strides, landing on the opposite leg to the take off leg in each jump, in a continuous forward motion.
- The measurement is taken from the start line to the back of the heel on landing after the final stride.
- The distance is measured to the nearest 25cm, rounded down.



### Safety

Please use a dry and flat area to jump on.



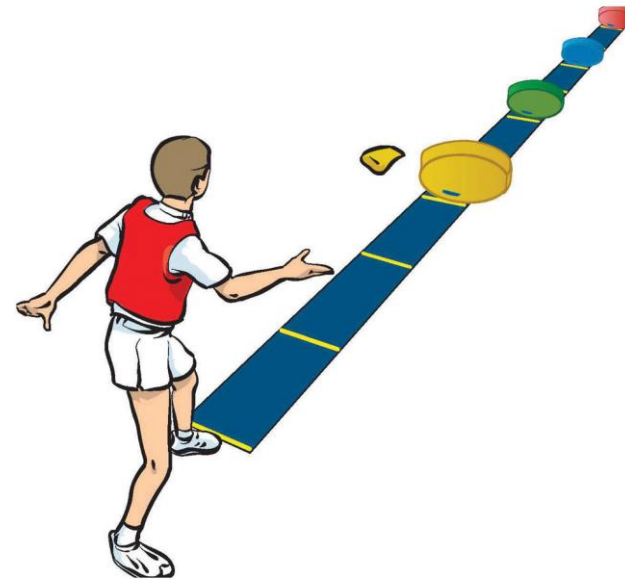
# Challenge 5 – Throwing Square

**Fitness  
Components  
Used:  
Coordination**

**Equipment needed:** Tape measure, x3 rolled up socks or tennis balls and bucket, washing basket or 4 tins.

## Rules

- The targets are to be placed at a distance of 3m, 5m, 7m and 9m from the throwing line. **They have 12 shots overall.**
- The athlete stands behind the throwing line and throws three socks or balls into the nearest target.
- Once they have thrown three in the 3m target they can move their target to 5m and so on.
- 2 points are scored if the socks or balls land directly in the target or if they land in the target but then bounces out.
- 1 point is scored if the socks or ball touches the floor before ending up in the target or if the object lands only partially in the target.
- The maximum points an athlete can score is 24 (6 points per target).
- An athlete can throw their object under arm or over arm.



## Challenge 6 – 2 Minute Burpees

Fitness  
Components  
Used:  
Aerobic  
Endurance

**Equipment needed:** Stopwatch

### Rules

- The participant must complete as many full burpees in 2 minutes.
- A full burpee consists of a jump, squat thrust, laying prone and a push up.
- To get a point the participant must complete all the movements from the image.



### Safety

Make sure you have plenty of room both in front and behind.





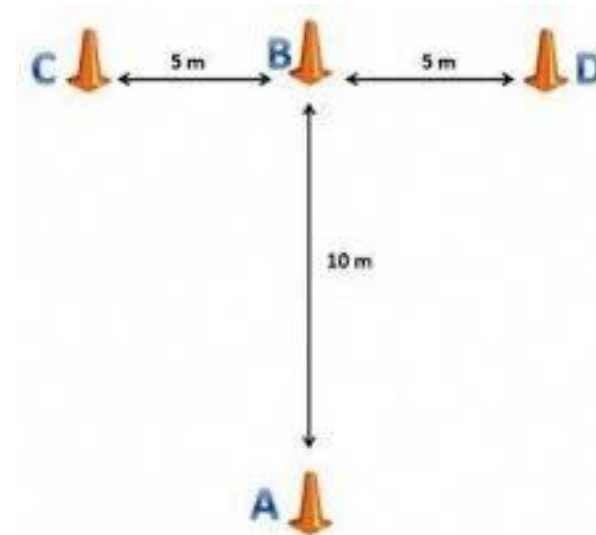
## Challenge 7 – Agility Run

**Fitness Components Used:**  
Agility  
Reaction Time  
Speed

**Equipment needed:** Stopwatch, measuring tape and cones or tins.

### Rules

- The participant must complete the run as fast as possible.
- They must run from A to B, then side-step to C, followed by side-stepping to D. They must then side-step back to B, followed by back tracking to A.
- The cones or tins must all be touched by the participant.



### Safety

Please use a dry and flat area to run on.



## Challenge 8 – Speed Bounce

**Fitness Components Used:**  
Muscular Endurance

**Equipment needed:** Stopwatch and rolled up towel.

### Rules

- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet.
- The athlete should cross the wedge / towel as many times as possible within 20 seconds.
- An official should call out when 10 seconds are remaining.
- The number of correct bounces is be recorded. It is not an offence to clip or brush the towel.
- A practice trial is allowed - about 5 to 10 bounces provides ideal opportunity to spot potential problems with technique. Two trials are allowed.



### Safety

Please use a dry and flat area to jump on.

