

# Dunstall Hill Primary School's Super Sports Week At Home!

With no sports day this year due to COVID-19, we have decided to do a special sports WEEK at home or within your school bubble! This will take place from:

Monday 29<sup>th</sup> June – Friday 3<sup>rd</sup> July 2020

running



You will be set a number of different sporting challenges to complete each day to keep you fit, healthy and enjoying sport. It's a great opportunity for all of us to get active and involved, whilst having fun in the process. We know you've loved doing Joe Wicks!

The aim is to take a picture or record yourself completing these challenges and send them to your class emails.

camera








For each challenge you complete with evidence of a picture or video, your house (Diamond Dragons, Ruby Dragons, Sapphire Dragons or Emerald Dragons) will receive a point. The house with the most points by the end of the week will be crowned the first ever Dunstall Hill's Sports Week WINNERS 2020.

win



# Sports Day Schedule

Day	Sports Challenge
Monday 29 <sup>th</sup> June	<ul style="list-style-type: none"> <li>● As many star jumps as you can complete in a minute.</li> <li>● A race around your garden/ house/ field/ street with a parent or carer.</li> <li>● Dribbling a ball (of any size) around cones / objects, you can find.</li> </ul> 
Tuesday 30 <sup>th</sup> June	<ul style="list-style-type: none"> <li>● As many sit ups as you can do in a minute.</li> <li>● A plank (for as long as you can hold).</li> <li>● Play catch with a parent or carer.</li> </ul> 
Wednesday 1 <sup>st</sup> July	<ul style="list-style-type: none"> <li>● Shuttles – how many times can you run backwards and forwards from one cone or object to another in a minute.</li> <li>● Kick ups – how many can you do?</li> <li>● Jumping – how many times can you complete a lateral jump (from left to right) in a minute?</li> </ul> 
Thursday 2 <sup>nd</sup> July	<ul style="list-style-type: none"> <li>● As many press ups as you can do in a minute.</li> <li>● Create and complete an obstacle course in your home, garden or school.</li> <li>● Dancing – have a go at completing some dance moves.</li> </ul> 
Friday 3 <sup>rd</sup> July	<ul style="list-style-type: none"> <li>● Free choice – complete any activity from the days before, or come up with some new ideas to get some last minute points!</li> </ul> <p style="text-align: right;">choose</p> 

Have a go at all or some of the activities that excite you and let's see if your house can win! We are looking forward to seeing what you get up to!

Good luck!