**This Friday is Sports day.**

We can’t do a proper sports day in school but we can certainly come together virtually.   
Below are list of activities. You and your child(ren) are free to participate in as many as you wish.   
Fill in the form and email the results back to your teacher. Points will be awarded for every event you participate in.  
We’d love to see photos, so please Tweet us @millhouseschool. We’ll also add a sharing board to Purple Mash for you to upload photographs to.

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Colour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THE JOE WICKS CHALLENGE!**

* You have 3 exercises to do : Press ups, sit ups and squat jumps
* See how fast you can do 20 press ups, 20 sit ups and 20 squat jumps
* You can attempt these as many times as you want, but only record your best times.

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|  | **Press Ups** | **Sit Ups** | **Squat Jumps** | **Total Time** |
| **Time** |  |  |  |  |

**ATHLETICS FUN!**

* You have 4 events to do : 30m sprint, 3 x bunny hops, standing long jump and sitting backwards over head throw (with a football / basketball) - you can be seated on either a bench or a seat to do the sitting backwards over head throw
* See how fast you can do the 30m sprint; how far you can go with 3 x bunny hops; what distance you can jump with a standing long jump and how far you can throw a ball with a sitting backwards over head throw (using a football / basketball)
* You can attempt each event as many times as you want, but only record your best times/ distances.

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|  | **30m sprint**  **(time)** | **3 x bunny hops**  **(distance)** | **Standing LJ**  **(distance)** | **Sitting Backwards overhead throw**  **(distance)** |
| **Score** |  |  |  |  |

**THE HORSE RACE**

The rules are simple:

* Create a course around your playground, or home and garden (10 obstacles are required - obstacles can be repeated) and it should be about 100m long (about 1/2 furlongs in horse racing lingo!)
* Complete the course in the fastest time
* You can attempt the course as many times as you want, but only record your best time.

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|  | **The Horse Race** |
| **Time** |  |

**THE WHO DARES CATCH**

The rules are simple:

* Fill a water balloon.
* How many times can you throw it to a partner and back without it bursting.
* Each time you complete a set of catches, take a step back.

(If you haven’t got a water balloon, just use a ball and see how many catches you can make without dropping it)

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|  | **The Who Dares Catch** |
| **Number of Catches** |  |

**THE EGG AND SPOON**

The rules are simple:

* Create a course around your playground, or home and garden of about 30m.
* Balance your egg on a spoon. (use a hard boiled egg!)
* Complete the course in the fastest time without dropping the egg.

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|  | **The Egg and Spoon** |
| **Time** |  |

**THE FILL THE BOTTLE**

The rules are simple:

* Place a full bucket and an empty 1L bottle 10M apart.
* Using a plastic cup, how fast can you fill the bottle? You will need to keep running to the bucket to fill the cup then run to the bottle.
* Complete the course in the fastest time

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|  | **Fill the bottle** |
| **Time** |  |