


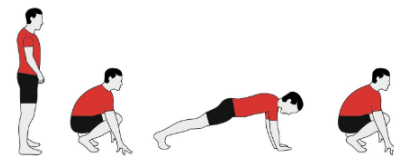


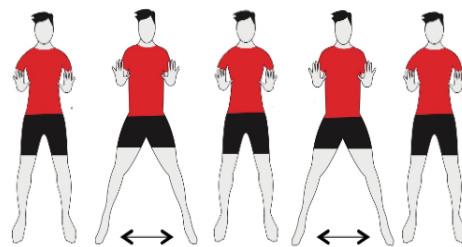

Woodham Walter Virtual Sports Day

Total Score =

Name _____ House _____

Sports Day Rules:

You have **one minute** for each challenge, you can record your scores on this sheet. At the end of the week see how many challenges you have completed and record your total score in the red circle. Submit your scores via Dojo by **6pm on Friday 17th July**. The house with highest score will be crowned the Virtual Sports Day Winner!!! *The winning house will be announced on Monday 20th July via video posted on Dojo at 11.45am.*

Challenge 1 Star Jumps	Score	Challenge 2 Squat Thrusts	Score	Challenge 3 Book Balance	Score How many books could you balance?
	<p>Progressions</p> <p>Easier:</p> <ul style="list-style-type: none"> Keep our legs still and raise our arms up and down. <p>Harder:</p> <ul style="list-style-type: none"> Start and return to a squat position after completing each star jump. 		<p>Progressions</p> <p>Easier:</p> <ul style="list-style-type: none"> Do not extend our legs when crouching down. <p>Harder:</p> <ul style="list-style-type: none"> Jump up in the air when extending our legs. 		<p>Progressions</p> <p>Easier:</p> <ul style="list-style-type: none"> Stand still <p>Harder:</p> <ul style="list-style-type: none"> Try to walk.
Challenge 4 Skipping	Score	Challenge 5 Side shuttle/ crab run (5m)	Score	Challenge 6 Spiderman	Score
	<p>Progressions</p> <p>Easier:</p> <ul style="list-style-type: none"> Skip with an imaginary rope. Jump on the spot <p>Harder:</p> <ul style="list-style-type: none"> Skip on one foot. 		<p>Progressions</p> <p>Easier:</p> <ul style="list-style-type: none"> Side Steps (walking). <p>Harder:</p> <ul style="list-style-type: none"> Apply high knees when performing a shuttle side run. 		<p>Progressions</p> <p>Easier:</p> <ul style="list-style-type: none"> Perform a mountain climber by standing, raising our legs up to our chest. <p>Harder:</p> <ul style="list-style-type: none"> Perform a press up after bringing both legs up.