

Year 4 self-isolation Sport;day!

Today is your chance to take on your family in various sporting challenges.

You do not have to complete every activity and we don't need to see your results, but it would be great if you gave some challenges a go. It is just a chance to enjoy some healthy competition and important family time.

Sporting activity	How to judge who the winner is:	Participant 1	Participant 2	Participant 3	Participant 4	Winner of the round
Run around your garden or a room in your house 15 times. How fast can you do it?	Time how long each member of your household takes.					
How many times can you skip using a rope in 1 minute?	Count how many skips are achieved in a minute.					
Use a pillow case/ black bag/sleeping bag and see who can jump to your chosen finish line the quickest (like a sack race).	Record who comes first, second, third etc.					
See who can sprint to a chosen point the quickest.	Record who comes first, second, third etc.					
How long can you keep the ball up in the air using any part of your body? (use a ball/ crumpled paper or balloon)	Count how many 'keepie-uppies' you can do without the ball touching the ground.					
Put something flat on your head and see who can walk the furthest/ keep it on the longest.	Record who comes first,					

	second, third etc.					
Egg and Spoon: How many lengths of the garden/room can you do in a minute? If you drop it pick it up and carry on. Boil the egg- If an egg is too risky, choose something else.	Record how many laps each member of your house can do.					
Water race: Fill a bowl with water, fill a cup and race to the other bowl/sink. Run back. How many cups of water can you put in the bowl/sink in a minute.	Record who comes first, second, third etc.					
Golf target challenge: Use a cup/pan on its side for the hole. Use a golf ball/tennis ball/scrunched up paper and shoot it into the cup/pan using hands/feet/dust pan brush/broom. You decide as a family distance you shoot from- make it a little challenging!	Record who manages it the most in 5 attempts.					
Make up your own obstacle course. E.g. Crawl under the table, slide along the floor, step across the chairs, go into your bedroom and throw something in the bin.	Record who comes first, second, third etc.					
How many balls/water balloons can you accurately aim at a target in a minute?	Record how many each member of your household can manage					
Can you think of your own challenge?						