

## Week 15 WC 29.06.20 PE – Sports Day Practice

### Animal Theme

#### Equipment:

In School	Home
Cones – for start and finish lines	Lines on floor / books for start and finish lines
Egg and Spoons	Any small ball / egg / potato and something to balance it on – spoon / racket
Plastic Cup	Plastic Cup / measuring jug
Buckets – half filled with water	Bucket / washing up bowl x 2 (one filled with water)
9 x Hoops	3 x hoops / large circles marked with chalk / skipping ropes etc
9 x bean bags	3 x balled up socks / beanbags / teddies
3 x teddies (can use bean bags)	

#### Warm-up (Animal Relays 20 mins):

Divide the class / family up into teams or all participants can go at once and race against each other. Mark a starting line and finishing line – students can go there and back in a race to make it longer (you will use this for most of the lesson).

**Human Race** – Running as a human to the line and back.

**Bunny Hop** – Hands and feet touch the floor – move hands forward as far as you can first, then jump your feet up behind you. Repeat action.

**Bear walk** – Hands and feet touch the floor keeping you bottom high and looking forward walk your hands and feet forwards as quickly as you can.

**Snake Slither** – Lay on your tummy – can you slither or wiggle like a snake with your arms by your side all the way to the finish line (this is hard so you may not want to do there and back).

**Shark Attack** – Run forwards with your hands open in front of you clamping and re-opening them as you run like a sharks mouth.

**Frog Jump** – Squat down on the floor with knees bent so you are sitting on your heels. Hands lightly touch the floor in front of you but no weight is on them. Jump as high and as far forwards as you can landing again in the squatting frog position.

**Crab Walk** – Turn your body so hands and feet on the floor but your tummy is up to the sky – can you walk sideways to the finish line?

#### Activity 1: Sports Day Practice (30 mins):

- **Egg & Spoon** – starting at the start line see if you can balance a small ball / egg / potato on a spoon / ladle or racket all the way to the finish line without dropping it. You can repeat this a number of times and can make it longer by returning to the start line. Focus on holding the wrist really still as this will help.

- **Water Race** – At the start line place the bucket / washing up bowl filled with water. At the finish line place the empty bucket / washing up bowl. You have to fill the plastic cup with water and carry it walking / running to the empty bowl at the finish line. Pour the water in the empty bucket and then run back to the start line and repeat. You can set a time limit of 1-2 minutes or you can say how much water can you transport in 5 attempts.
- **Target Race** – place the 3 hoops in front of each team / participant so that the first hoop is about 2m from the start / throwing line. Each team has 3 beanbags / 3 balled up socks / teddies. Can they throw the first bean bag / sock or teddy into the first hoop, the second into the second hoop and the third into the third hoop. They score a point each time they get their throwing implement to land in a hoop. They can re-do this and see if they beat their score.
- **Frog Jump Race** – Using the frog jump from the warm-up can you count how many it takes you to get from the start line to the finish line? Can you repeat this and see if you can make your jumps bigger and do it in less frog jumps?
- **Teddy Bear Squeeze** – No hands allowed! Can you squeeze a teddy or bean bag between your knees and go from the start line to the finish line and back again? This can either be a race against another person / a relay race where you pass the teddy on to the next person in your team / or see how many times you can run to the finish line and back in 1-2 minutes.

We hope you have fun practicing as next week will be our annual Sports Day where we will all get a chance to compete in these races be it at school or at home!

