

BUBBLE SPORTS DAY 2020:

The highest amount of children in 1 bubble is 12, therefore all activities will need 12 entries – if there are not 12 children in your bubbles, a child will need to go twice!

ACTIVITY 1: How many Sit ups can you do in 30 seconds – stopwatch 30 seconds and count each child's amount of sit ups. Add up the total amount of sit ups for your 12 children (entries). Each team will receive points for the totals at the end of each activity.

ACTIVITY 2: Speed bounce- how many jumps can you do in a minute over an object? All objects will be arranged on the field from Wednesday morning! Count up each amount of jumps at the end and tally up a total!

ACTIVITY 3: How many times can you throw a ball into a bucket in 30 seconds – each child will have 30 seconds to throw a ball into a bucket at a distance away, each time the ball goes in, they receive 1 point – again tally up the points at the end for all children!

ACTIVITY 4: Keepy Ups! – How many keepy ups can you do in 30 seconds – each child will have a ball – it doesn't matter if the ball hits the floor, give them a chance to start again! Try and make sure they don't just keep kicking it once and picking it back up! Tally up the total of all the children at the end!

ACTIVITY 5: Quickest 100m sprint – this one is for the Athletes! Measure out 100m (around 133 steps) children 1 at a time can sprint the 100m – note down the timings and the quickest entry from each bubble!

The first place from each activity in terms of Points or speed (activity 5) will receive 5 points, 2nd place will receive 3 points and 1st place will receive 1 point!

Can you hand all of your sheets to myself (which I will have printed for you on Monday) by Thursday afternoon please so that I can tally up the winners? The colours for your teams are on the plan!

Good Luck!!