



## Sports Day - Activities

Check out details of our Sports Day activities below. Share photos/videos of your attempts and let us know your scores by commenting on our social media posts or by posting using **#UnitedInLockdown**.

### Book Balance

What you'll need: Books

What to do: Balance as many books as possible on your head without them falling off.

Scoring: The number of books balanced on your head.

### Wall Claps

What you'll need: Timer

What to do: Press against the wall like a push up, push off and clap. Return back to the push position. They must be full push ups on the wall!

Scoring: The number of wall claps you can do in one minute.

### Sponge Shot Put

What you'll need: Sponges, 3 pans, any clothes, timer

What to do: Mark a start line. Place the pans the following distances apart:

Start line > 2 metre gap > Pan > 1 metre gap > Pan > 1 metre gap > Pan. Throw your sponges / clothes into the pans to get as many points as you can in 2 minutes.

Scoring: Closest pan - 1 point each time, middle pan - 3 points each time, furthest pan - 5 points each time.

### Squat Challenge

What you'll need: Object to balance

What to do: Balance the object on your head and see how many squats you can do before it falls off.

Scoring: The amount of squats you do before the object falls off.

### Shoulder Torture

What you'll need: 2 full tin cans, timer

What to do: Lift arms to shoulder height whilst holding a full tin can in each hand. Keep your arms straight out to the sides. Hold for as long as possible. Your hands must be in line with your shoulders.

Scoring: The amount of time you can hold your arms out for.

### Standing Long Jump

What you'll need: Measuring tape / ruler

What to do: Jump with two feet as far as you can, starting in a standing position. Measure how far you jumped.

Scoring: The distance you jumped.

### **Wall Squat**

What you'll need: Timer

Get yourself into the wall squat position and see how long you can sit there for. Your hips, knees and ankle joints should be at 90 degree right angles and your back flat against the wall.

Scoring: The amount of time you can sit in the wall squat position.

### **Bottle Bowling**

What you'll need: 6 half-filled water bottles, ball of any kind, timer

What to do: Set up the bottles like a bowling alley - 1 at the front, 2 behind and 3 behind that:

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Bowl and see how many you can knock over in 1 minute.

Scoring: Number of bottles knocked over in 1 minute.

### **Plank Hold**

What you'll need: Timer

What to do: Hold a plank position for as long as possible. You must be in a proper plank position with straight-lined body.

Scoring: The amount of time you hold the plank position for.