

Reception 2020

Stay at Home Sports Day

The winner is the person to get the most points.

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| **Sport /Activity** | **Points Awarded** | **Bonus Points** |
| How many times can you get the ball into the bin?If you don't have a ball, use scrunched up paper. Only 5 attempts allowed.      | 1 point for taking part | 1 point for each time you get it in.  |
| Hop, Skip & Jump How far can you jump? | 1 point for taking part | 3 points for the furthest jump.2 the second furthest1 the 3rd furthest.  |
| 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. Make sure it is a boiled egg. If you don't have an egg, use a small ball or something else suitable.  | 1 point for taking part | Highest number of lengths gets a pointIf you succeed the whole minute without dropping it you also get a point |
| Water race.Fill a bowl with water and have another bowl which is empty the other side of the garden. Fill a cup and race to the other bowl. Run back. How many cups of water can you put in the bowl in a minute? | 1 point for taking part | Whoever fills the most cups wins 3 points |
| Speed bounce- how many jumps can you do in a minute over an object? | 1 point for taking part | Highest number of jumps wins a bonus point |
| Golf target challengeUse 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!5 attempts | 1 point for taking part | Win a point if you get it in |
| How long can you hold a balance for?Can you make up a challenging or creative balance? | 1 point for taking part | Person holding the balance for the longest gets a pointPerson who has the most challenging/creative balance also gets a bonus point |
| How many hand ‘Keepie Uppies’ can you do?Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air. If it is tricky with one hand, try using both.  | 1 point if you take part | The most ‘Keepie Uppies’ wins the bonus point     |