



VIRTUAL SPORTS DAY 2020

FOUNDATION & KEY STAGE 1

What ?



PUT A SOCK IN IT!

You Will Need:

- » 10x pairs of Socks
- » Washing Basket (or Bucket)

Why ?



- Children can explore how to move objects in different ways and with different parts of the body
- Children can explore how to trap and track objects in different ways and with different parts of the body
- Children can send an object at differing heights, distances and lengths

How ?



- ① Sit down in a crouched position directly in front of the basket - you must be sat with knees bent and feet flat to the floor.
- ② Place 10x pairs of socks to your left/right level with your hips
- ③ Attempt to lift each pair of socks into the basket or bucket
- ④ Record how long it takes you to complete the transfer of all 10 pairs of socks (e.g. 1 minute 15 seconds should be recorded as 75 seconds)

#HavingFunSafely

