

VIRTUAL SPORTS DAY 2020

FOUNDATION & KEY STAGE 1



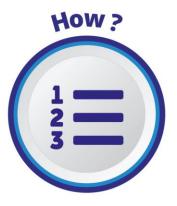
PUT A SOCK IN IT!

You Will Need:

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



- → Children can explore how to move objects in different ways and with different parts of the body
- ightarrow 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



- 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









