

# LHS Sports Week



# How To Take Part

Sports Day is a really special event for us here at LHS and as we can't all be together this year, we are inviting you to take part in a Sports Week competition from home! Your teachers will be collecting in your scores across the week to reveal not only the winning house teams, but also the children and families with the highest overall scores! Members of staff will also be setting additional challenges over on their Twitter/Tapestry accounts to help you earn more points so make sure that you check these.

**Are you up for the challenge?**

## Rules:

- ♦ Try to be as active as you can across the week and encourage your family members or friends to take part with you
- ♦ Create a table to keep track of the activities that you have carried out, add up the points that you have earned and send this to your teacher at the end of the week —we have attached an example table to the final page of this document but feel free to make your own
- ♦ We need evidence—please send photos or videos of yourself completing the activities (via Twitter, email or Tapestry for the Early Years )
- ♦ If you can get a parent or carer to join in with an activity, you can **double** your points for that task
- ♦ If you challenge yourself during one of the tasks, your teacher may award you bonus points e.g. can you complete the activity for longer than the amount stated?

# Activities

Do 30 star jumps.	Balance a book on your head for 45 secs.	Create a fact file about a famous athlete.	Complete 6 cartwheels.
<b>Points: 5</b>	<b>Points: 8</b>	<b>Points: 16</b>	<b>Points: 10</b>
Have an egg and spoon race.	Measure your heart rate for 30 secs before and after 5 exercise tasks. Plot your findings in a table or graph.	Skip for 2 mins (on the spot/ with a skipping rope).	Dance like a chicken for 1 min.
<b>Points: 6</b>	<b>Points: 30</b>		<b>Points: 4</b>
Do yoga for 10 mins.	Draw, paint or create a sculpture of one of the tasks.	Walk, jog or run for at least 10 mins.	Pick up an object from the floor without using your hands.
<b>Points: 15</b>	<b>Points: 11</b>	<b>Points: 13</b>	<b>Points: 3</b>
Hold the plank position for 20 secs.	Juggle 2 objects for 10 secs.	Create a song or chant to cheer on your classmates.	Do 10 keepy uppies with a ball.
<b>Points: 7</b>	<b>Points: 2</b>	<b>Points: 6</b>	<b>Points: 5</b>
When did the Olympics begin? Create a poster.	Go on a bike ride.	Create your own obstacle course.	Climb a tree (carefully).
<b>Points: 7</b>	<b>Points: 3</b>	<b>Points: 12</b>	<b>Points: 4</b>

# Score Card

[illegible]