

KJS Multi-Sports Event

Take part in **one OR more** events to earn points towards the House Cup, **extra points** awarded to 1st, 2nd and 3rd places, completion of all events or beating the Teacher!



50m or 100m shuttle run

Test your speed endurance.....

- **Equipment:** tape measure, markers (i.e. jumpers), timer (stopwatch, phone).
- **Instructions:**
 1. Watch the Year 6 demonstration on the school website/Seesaw.
 2. Mark out a 5m line in your garden/open space placing a jumper at each end.
 3. Ask your adult to start you and the stopwatch and set off for 10 x 5m runs to complete your 50m run, or 20 x 5m runs to complete your 100m run.
 4. Ask your adult to count the laps, stop the watch after 10 or 20 laps and enter the time taken on the questionnaire.



Skipping for 50m

How many skips can you do over 50m?

- **Equipment:** skipping rope, timer (stopwatch, phone).
- **Instructions:**
 1. Watch the Year 6 demonstration on the school website/Seesaw.
 2. Mark out a 5m line in your garden/open space placing a jumper at each end.
 3. Ask your adult to start you and the stopwatch and set off for 10 x 5m runs to complete your 50m and count your skips as you go.
 4. Ask your adult to count the laps, stop the watch after 10 laps and enter the number of skips you did on the questionnaire.



Balance challenge

How many items can you balance on your body?

- **Equipment:** household items of your choice.
- **Instructions:**
 1. Watch the Year 6 demonstration on the school website/Seesaw.
 2. Choose a balance pose of your choice.
 3. Choose some (safe) household items to balance on your body.
 4. Entries will be judged on most unusual poses and number of items.
 5. Ask your adult to balance the items on you, take a picture and upload it onto the questionnaire.



Dizzy football

Spin around and score a goal...

- **Equipment:** football, a goal (if you don't have a real goal set 2 jumpers down as markers 2.5 metres apart).
- **Instructions:**
 1. Watch the Down Grange Wildcats demonstration video on the school website/Seesaw.
 2. Set up your goal and mark your starting point 5m back from the goal.
 3. Spin around 5 times (on the spot if you can)
 4. As soon as you stop kick the ball into the goal.
 5. Try 10 attempts and see how many you can score.
 6. Count the number of goals you scored and ask your adult to enter the number on the questionnaire.



Tennis volley rally

How many times can you pass the ball in a minute?

- **Equipment:** tennis racket, tennis ball, timer (stopwatch, phone).
- **Instructions:**
 1. Watch the Totally Tennis demonstration video on the school website/Seesaw.
 2. Ask a member of your household to take part.
 3. Hit the ball between you without the ball touching the floor, as many times as you can in a minute. You can have one additional touch to set the ball before hitting it each time.
 4. Count the number of passes you can do without dropping the ball in a minute and ask your adult to enter the number of passes on the questionnaire.



Speed bounce

Keep on bouncing....

- **Equipment:** an object 10cm high that you can easily jump over (i.e. line up tins of food, a hard-back book on its side), timer (stopwatch, phone).
- **Instructions:**
 1. Watch the Year 6 demonstration on the school website/Seesaw.
 2. Set down your object(s) in a clear, flat, dry space.
 3. Ask your adult to start you, time you and stop you after 20 seconds.
 4. Jump with both feet together over your objects for 20 seconds, counting each jump as you go.
 5. Ask your adult to enter the number of bounces on the questionnaire.