

Class Danube's Sports Day - Tuesday 21st June

As we can't have a school sports day, I thought it would be nice to have a whole day linked to sports activities. This also links in perfectly with our Science topic - healthy hearts. Please find ideas below but feel free to adapt these ideas to suit your family's needs.

Morning Challenge Ideas

- How many squats can you do in a minute?
- How many laps of your garden or a nearby field can you do?
- How many sit ups can you do in a minute?
- How many star jumps can you do in a minute?
- Race against your family member.
- Obstacle race against a family member.
- How many bunny hops can you do in a minute?
- Dance to your favourite song.
- How bendy are you? Can you touch your toes?
- Create your own dance routine.

Late Morning Challenge Idea

- Create a healthy lunch fit for an athlete and enjoy it in the garden (weather permitted).

Afternoon Challenge Idea

- Find out about an inspirational athlete of your choice and create a poster about them and their achievements.