



Bankhead Primary School Virtual Sports Day

P4-7



Tea Bag Challenge

Stand 1-3 metres from a cup and try to throw a teabag into it.
Can you do it in 3?

Wellie Toss

See how far you can toss a wellie boot.
Measure the distance using your feet!

Sack Race

Race a sibling or adult in a pillowcase sack race!

Burpee Challenge

How many burpees can you do in one minute?

Egg & Spoon Race

Race a sibling or adult in an egg (or potato) and spoon race!

Long Jump

Place a line on the floor and jump as far as you can over this, then measure your distance!

Rolling 'Golf'

Set a target (the hole) and try to roll a ball as close as possible to it.
Play against family.

Stepping Stones

Create a trail of pillows, cushions and cuddly toys. Make your way across with a book on your head!

Keepie-Uppies

How many keepie-uppies can you do with a ball? Practise with a balloon if it's too hard!

3 Legged Race

Tie your left leg to a someone elses and run as fast as you can from one place to another. How fast did you manage?

Wheelbarrow Race

Ask someone to wheel you around using your legs whilst you balance your body using your hands.

Healthy Snack

After all that exercise, prepare a healthy snack and enjoy it!