



## Markinch Primary's Virtual Sports Day – Friday 5<sup>th</sup> June 2020



Sadly we cannot be together for Sports Day this year, but that doesn't mean we can't take part and have fun! Choose your level below and complete ALL the activities. Take photos/videos and send these to your teacher through Seesaw or Teams to show you have completed the tasks. Your teachers will keep track of the levels of each child in their class and the class with the most points will be the Virtual Sports Day winners!!! You will also receive a special Virtual Sports Day certificate.

### Bronze

10 POINTS FOR COMPLETION

- Complete a Joe Wicks workout
- Egg and spoon walk: around your living room and back X1
- Sack (pillow case) dash: from one end of your garden to the other X1
- Wheelbarrow (with a family member) dash: from one end of the garden to the other X1
- Three-legged (with a family member) dash: from one end of the garden to the other X1
- Create your own obstacle course and run it 3 times
- Welly toss into a hoop/box X5
- 15 sit ups
- 10 push ups
- 30 squats
- 10 burpees
- 10 chest passes (with a family member)
- 1 minute: Jumping Jacks
- 1 minute: Skipping
- 1 minute: keepie-uppies
- 30 secs: basketball dribble



### Silver

20 POINTS FOR COMPLETION

- Go for a Walk/Cycle round John Dixon Park
- Egg and spoon walk: around your living room and back X3
- Sack (pillow case) dash: from one end of your garden to the other X3
- Wheelbarrow (with a family member) dash: from one end of the garden to the other X3
- Three-legged (with a family member) dash: from one end of the garden to the other X3
- Create your own obstacle course and run it 5 times
- Welly toss into a hoop/box X10
- 30 sit ups
- 20 push ups
- 50 squats
- 20 burpees
- 15 chest passes (with a family member)
- 2 minutes: Jumping Jacks
- 2 minutes: Skipping
- 2 minutes: keepie-uppies
- 1 minute: basketball dribble



### Gold

30 POINTS FOR COMPLETION

- Go for a run round Balbirnie Woods
- Egg and spoon walk: around your living room and back X5
- Sack (pillow case) dash: from one end of your garden to the other X5
- Wheelbarrow (with a family member) dash: from one end of the garden to the other X5
- Three-legged (with a family member) dash: from one end of the garden to the other X5
- Create your own obstacle course and run it 8 times
- Welly toss into a hoop/box X20
- 50 sit ups
- 35 push ups
- 70 squats
- 30 burpees
- 20 chest passes (with a family member)
- 3 minutes: Jumping Jacks
- 3 minutes: Skipping
- 3 minutes: keepie-uppies
- 2 minutes: basketball dribble

