

NEWCASTLE P.S. AND NURSERY FAMILY SPORTS – 8TH – 12TH JUNE

Normally, at this time of year we are preparing for our Sports Day. Instead, we have planned some simple events which can be organised using things from around the home. Pick a day during the week beginning 8th June and take part in Sports Day with the rest of Newcastle P.S. and Nursery Unit. Have fun completing the events with your family, and please stay safe!

Gather the family and find a space, indoors or outdoors, where you can play safely.

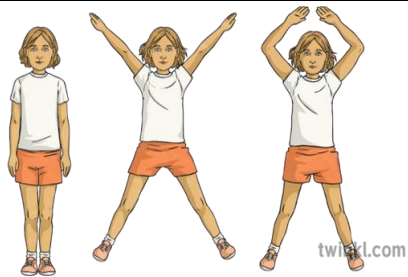



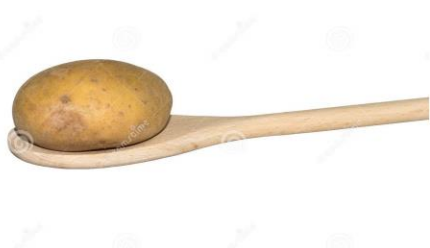
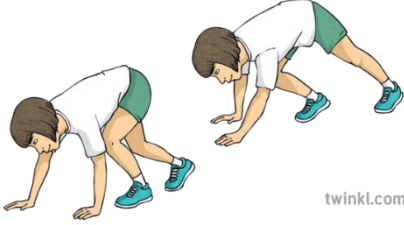

- Use a phone to time each station. You could spend **two minutes** at each exercise.
- Ask one person to count the scores and write them in the table below.
- Add the scores at the end to find out your Family Sports Day Champion!

Please send any photos or videos of your Home Sports Day to cbrown577@c2kni.net. They may be included in a video about Sports Day for the school website and Facebook.

Look on the **back** of this page to find out how to complete the events.

EVENT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6
Star jumps						
Sprint run						
Target throw						
Cushion balance						
Egg and spoon						
Bear walk						
Toe touches						
TOTAL						

HOW DO I COMPLETE THE EVENTS?

STAR JUMPS:		Crouch down, then jump up. Open your arms and legs wide. Do as many star jumps as you can before the time runs out.
SPRINT RUNS:		Find a space (big or small) and sprint as many times as you can from A to B and back before the time runs out.
TARGET THROW:		Set up a target, like pans or buckets, and throw something into them from a distance. Score as many points as you can before the time runs out.
CUSHION BALANCE:		Find a space and travel from A to B as many times as possible with a cushion balanced on your head before the time runs out.
EGG AND SPOON:		Travel from A to B as many times as possible without your egg or potato falling off your spoon. If it falls, pick it up and get going again!
BEAR WALK		Bend down on hands and knees. Walk forward on 'all fours' from A to B and back as many times as possible before the time runs out.
TOE TOUCHES:		Find any sort of ball and touch your right foot on it, then your left. Repeat this as many times as you can before the time runs out.