

# Love of Sport

Week 6th - 10th July



Select challenges to enjoy over the week.  
Send your video clips and photographs to your PEd teacher (include your name, year group and school house)

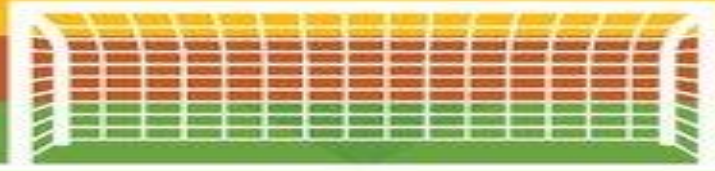
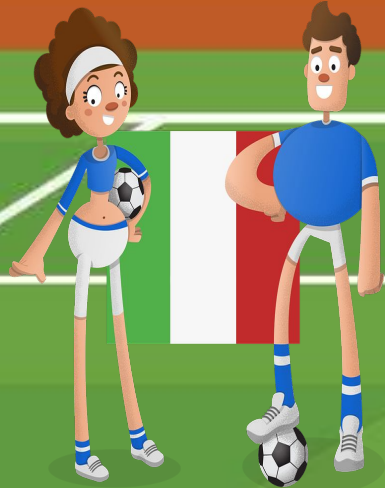
**It is all about taking part**

- 1 Sports Day Fun
- 2 60 second challenge
- 3 Running/cycling challenge
- 4 Create your own challenge



# Love of sport

Take a look at the video to remind yourself what sport is all about during normal times, outside lockdown.





PE

# Sports Day Fun

## Activity 1- The Egg and Spoon Race



How many lengths of the garden/ street can you do in 1 minute?

Place a egg (unboiled) on top of a table spoon and try and move as quickly as you can without the egg falling off the spoon.

Record how many lengths of the garden you can do in 1 minute.

You must not hold the egg on the spoon with your fingers ! If the egg breaks time is up.

### Equipment needed :

Table spoon

1 egg (unboiled)

A timer (clock, timer on phone/ watch)



PE

# Sports Day Fun

## Activity 2- The Keepy Up Challenge



How long can you do the keepy ups for?

Either using a toilet roll or a ball of rolled up socks try and do as many keepy ups as you can in 45 seconds.

You have 3 attempts and your best score counts.

If the toilet roll or socks are dropped during the 45 seconds start again from 0.

### Equipment needed:

- Rolled up socks or a toilet roll
- Timer ( On a phone/ watch or a clock)



PE

# Sports Day Fun

## Activity 3- The Sock Putt



How far can you throw the sock putt ?

With a rolled up pair of socks can you perform the shot putt, you have 3 attempts. Email us your 3 distances.

You can measure the distance in steps or with a tape measure (don't worry if you do not have one).

Click the link to help you with the [Sock Putt](#)

### Equipment needed:

- Rolled up socks
- Tape measure (only if you have one)



PE

# Sports Day Fun

## Activity 4- The Sock Toss Dash



How many can you get in?

With 1 ball of rolled up socks (or a tennis ball) place a bucket/ washing basket roughly 4 meters away.

You have 1 minute and 30 seconds to try and get as many in the bucket as possible. You must run and collect the socks / tennis ball after each throw.

### Equipment needed:

- Rolled up socks or a tennis ball
- Timer (phone, watch, clock)
- Bucket/ Washing Basket



PE

# Sports Day Fun

## Activity 5 - The Three Legged Race



How many lengths of the garden/ street can you do in 45 seconds?

With a member of your household can you complete the three legged race.  
Tie you leg to a member of your households with a scarf (tie or skipping rope) and see how many lengths of the garden/ street you can do in 45 seconds.

Try not to fall, teamwork is key!!

### Equipment needed:

- Scarf, tie or skipping rope
- Timer
- A member of your household



PE

# Love of Sports Week

6-10th July 2020



## The 60 Second Challenge!

As part of the Marden High 'Love of Sport Week' there are five '60 second challenges' for you to try.

Attempt one every day or even all 5 every day and try to improve your scores over the week.

Click on the title for instructions  
If you wish to, send in video clips or photographs of you doing the challenges to your PE teacher. Your name, year and your house at school should be identified.

## Good Luck!





PE

# Love of Sports Week

6-10th July 2020

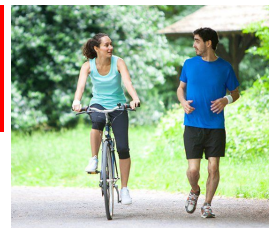


1. Bean Bag Throw Challenge
2. Climb the Mountain Challenge
3. Catch and Clap Challenge
4. Skipping Challenge
5. Fast Feet Challenge



PE

# Running/Cycling Challenge



How far can you run, walk or cycle this week?

Record your efforts daily Monday to Friday and then share them with the PE Department

You can record your efforts via your phone to record your steps, or time or you can use the following apps

House Points will be awarded for the following:

Total Distance covered by House

Total Distance covered by an individual in Year 7, Year 8, Year 9, Year 10

The house with the most participants

Can you go travel further than your teachers?



APPS

Strava

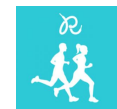
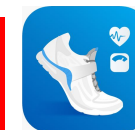
Adidas Running  
Runkeeper

Pacer

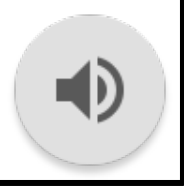


Map my run

Nike Run Club



Get involved, Get fit!!!! .....Take on the challenge



Click here for audio!

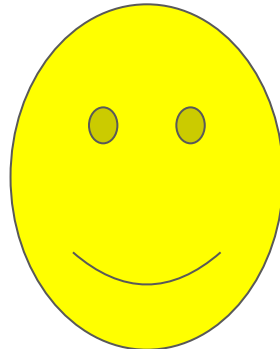
# Creative Challenge

*Design your own challenge which you are able to perform from home.*

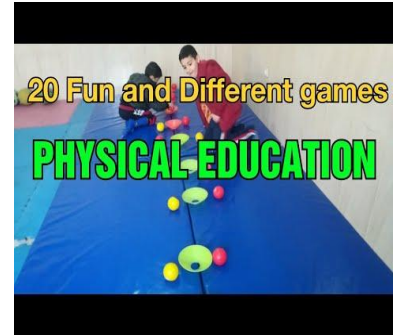
*Produce a video or photo with an intro of you performing the challenge. Send it to your PE teacher to achieve house points for your creativity. Identify your name, year and school house on any video/photo you send in.*



*Here are some ideas to get you thinking*



*Enjoy!*





*WELL DONE!*