



# St Francis Sports Day 20 20



St Francis Sports Day 2020 is happening on 20th May. While it will look a little different from our school based sports day, it will still be just as fun. We will have most of our regular races and some extra fun activities. This is a voluntary day of fun where you can choose which races and activities you would like to take part in! Compete against your family members and yourself, try and beat your own scores! Take pictures and videos of yourself competing in each event! Don't forget to send your results to your teachers by filling out your virtual score card! Have fun. Pob lwc!

Key Stage Two events are as follows:

1. **Sprint race** - This can be done in your garden (in laps perhaps), or on your daily walk. Try to keep beating your time. Record your fastest time. You could even race your family!
2. **Side jump** - Draw a line on the ground, jump over and back over the line as quick as you can within a two minute time limit. You could even record how long you can continuously jump over the line to challenge yourself!
3. **Three-legged race** - You will need a partner for this race, it could be a sibling or grown up. You will need something that will tie your legs together like a tea towel or a sock etc. You will need to run as quick as you can together to the finish line. This can be done in your garden or on your daily walk. Record your fastest time.
4. **Obstacle course race** - You will need to create an obstacle course. You will need four elements to your obstacle course. In school we have a heavy net that you must crawl under, target throwing bean bags into a hoop, an egg and spoon race and a skipping rope element. You can substitute any materials or objects that you have at home. Maybe you would like to add your own obstacle! You could even complete your obstacle course in fancy dress. Make sure to record your attempt!