



Virtual Sports Day 2020

What: Complete one (or more!) of the challenges below and get someone to film you doing it. Receive points for you house group for every activity you complete!

Who: You and anyone in your family can take part

When: Email your completed activity videos to Mohamed.Mohamed@oasissouthbank.org by *Wednesday 15th July*

Need help? Email Mr Mohamed or Miss Quiney

1	How many hand keepie uppies can you do in 1 minute? Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air.
2	Rubbish bin Basketball- Who can shoot the scrunched up paper into the bin? 5 attempts you get only.
3	How many claps can you do when you throw the ball up in the air?
4	Can you sprint for 30 secs on the spot?
5	How many times can you throw a ball into a bucket/pan in a minute?
6	How many times can you run up a flight of stairs in 1 minute?
7	How fast can you run 1k in?

