

Sports Day Activities

Put down your exercise books for a day and get moving! We can't have our annual Sports Day at school but that doesn't mean we can't get moving. We challenge you (and your parents and siblings) to a day of activity. Choose at least 2 activities from those listed to complete at home or in your local area. Then ask family and friends to sponsor you. That means they promise to give you a set amount of money if you complete the tasks. For all these activities, you will need to make sure you keep hydrated and warm up before starting.

What are the benefits of physical activity?

Everyone can benefit from regular exercise. Active kids will have:

- stronger muscles and bones
- leaner bodies
- less risk of becoming overweight
- a lower chance of getting type 2 diabetes
- lower blood pressure and blood cholesterol levels
- a better outlook on life

Besides enjoying the health benefits of regular exercise, fit kids sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

Here are the activities to choose from:



3km run/walk

You could go on a 3k walk or run. That's the distance from Grange Primary School

to the very top of Harrow on the Hill and back again. Be sure to bring some water and to maintain social distancing on your outing.

Zumba Fitness Workout

You might prefer to stay home and complete our recommended Zumba Fitness workout video.

<https://www.youtube.com/watch?v=8y6blbr-Hn0>

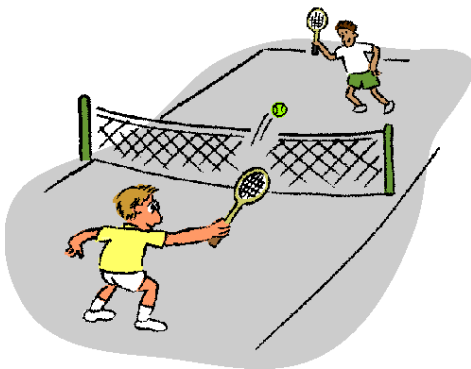
Join the Challenge Dance Workout for Kids

Tennis

Tennis is a great way to get moving and remain social distancing. Squash also works if you don't have access to a space big enough for tennis, as you play by hitting the ball against the wall in turns. A match usually lasts about 45 minutes.

3km Bike Ride

If you have a bike, you could jump on your bike and go for a 3k ride. You could follow the same journey as the 3km walk. Remember to still maintain social distancing and to wear appropriate clothing.





Exercise with Joe Wicks

No doubt you're familiar with Joe Wicks and his workouts. Find one of his workouts online and have a go!



Online Karate

Learn some free karate at <https://www.karatelessonsonline.com/library> and follow a day's sequence of lessons. You will need to register first.



Cricket / Rounders

For this game, you need a bat, ball and something to act as stumps. Great game if you have a large family and want to get everyone involved.

2 Hours Skipping

Get your skipping rope out and skip for 2 hours. No, not all at one time but over the course of the day. Skipping can help develop core stability, coordination and body awareness. It improves hand and eye coordination, helps with nifty footwork and builds core strength. Since this physical activity engages the upper and lower body, it produces the benefits of an all-over workout.





Climb 25 flights of stairs

Over the course of the day, climb 25 flights of stairs. Try going up and down sideways or running. You could compete against family members to see who could do the most in a set time. Please be careful here however.

Here are some links to help you get started:

- A Guide to Tennis by Miss Shah
https://www.youtube.com/watch?v=yCQJrEp5OiU&list=PL1w_e_KOi4hWMUTmgpzOEHjKpAtiiEpbN&index=3&t=0s
- Watch one of our online PE lessons:
https://www.youtube.com/playlist?list=PL1w_e_KOi4hX7cKcctYaNurJYnQnCMErV.
- Target Batting Cricket Challenge<<https://www.londonyouthgames.org/week-four-target-batting-cricket-challenge/>>
- Throwing Accuracy Boccia Challenge<<https://www.londonyouthgames.org/week-four-throwing-accuracy-boccia-challenge/>>
- Wall Ball Water Polo Challenge<<https://www.londonyouthgames.org/week-four-wall-ball-water-polo-challenge/>>
- 1 Mile Relay Challenge<<https://www.londonyouthgames.org/week-four-1-mile-relay-challenge/>> as a BONUS EVENT to run alongside the three weekly challenges. Head to the LYG social media channels now for the Challenge Video!



Name: _____

Class: _____

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