



**SPORTS
DAY!**



Nursery Sports Day

Welcome to your Virtual Sports Day 2020. As we are unable to all get together to compete in our annual sports day this year, I thought it would be a cool idea to participate in Orchard Vale's first ever virtual sports day!!!

This presentation will give you a range of different activities to try at home.

I hope you enjoy having a go at these events! Please take videos and photos and upload them for us to see.

Everyone who uploads a picture or video will receive a certificate.

Hope you and your families are all safe and well and I miss seeing you all everyday at school 😊

Mr Ovey x

Bowling

Use an object to use as your bowling ball (rolled up socks, ball, toilet roll)

From a distance away roll your object at 6 skittles (toilet roll tubes, empty bottles)

Try to knock down as many skittles as you can.



Throw and Catch

With a small ball, ideally a tennis ball, or a beanbag or rolled up pair of socks. Throw the object, up in the air and catch it again.

Can you throw the object above your head and catch?

Can you throw, clap and then catch the object?

Can you catch the object with one hand?



Basketball Shooting

With a small object (tennis ball, beanbag, rolled up pair of socks) measure out a distance and place down an object you can throw the small object into (bin, bucket, saucepan etc)

How many times can you throw the small object into your target object?



Tight Rope Walking

Place a skipping rope along the floor. If skipping rope not available stick some tape down or draw a line using chalk.

Can you walk across the tight rope without touching the floor?

Can you walk across the tight rope whilst carrying an object?

Can walk along the tightrope backwards?



Tennis Racket Hit

Using a tennis racket and tennis ball, if not available you could use a frying pan and a rolled up pair of socks!

How many times can you hit the object in the air without it hitting the floor?



Jumping

Make sure you have plenty of space!!

How far can you jump?

Can you jump from two feet and land on two feet?

Can you jump from two feet and land on one foot?

Can you jump from one foot and land on one foot?



Sock Throw

Using a roll up pair of socks..

How far can you throw your socks?

Can you throw under arm?

Can you throw over arm?

Can you set up a target and try to throw and hit the target?





GOOD LUCK EVERYONE!

I HOPE YOU ENJOY TAKING PART IN OUR
VIRTUAL SPORTS DAY!

I LOOK FORWARD TO SEEING YOUR PHOTOS
AND VIDEOS!

SEE YOU ALL SOON

MR OVEY X