

# St. Vincent's Virtual School Sports Week

## 2020



### One Minute Challenges

*Before you begin, don't forget to warm up properly, make sure you have lots of space around you and the floor is clear. Tie your shoe laces. Drink water. Cool down after and have fun!*

#### **Game 1 - Sock Toss**

**Equipment** - Socks, 2 markers, box/basket

Get 5 pairs of socks and roll them into 5 balls. Place a box / basket away from you. Put something out to mark the spot where you throw from. Start throw the socks balls one at a time. After you have thrown them all, run and retrieve them, run back to the start and throw them all again. How many can you get in one minute?

#### **Game 2 - Water Bottle Flip**

**Equipment** - Water bottle, water

Fill a bottle with some water. Make sure the top is on tight! How many times can you flip the bottle to land right side up in one minute?





### **Game 3 - Sack Race**

**Equipment** - 2 markers, pillow case

Mark out a distance between two points. Get into a pillow case and hop back and forth as many times as you can between the two points in one minute.

### **Game 4 - Penguin Walk**

**Equipment** - 2 markers, ball/balloon/rolled up pair of socks

Mark out a distance between two points. Put a ball/balloon/ pair of rolled up socks between your knees. See how many times you can walk between the two points without dropping the ball.

### **Game 5 - Towel Flip Challenge**

**Equipment** - Towel

Get yourself 1 large beach or bath towel and lay your towel out flat on your floor and stand on it. The object of this game is to flip the towel as fast as you can without stepping off of it.

You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel.

The towel must be flat at the start and flat at the finish. You have 1 minute to complete the challenge.

## Game 6 - Jumping Challenge

**Equipment** - Marker on the floor to jump over. Skipping rope (optional)

How many times can you jump over the line in one minute? Remember a jump is keeping both feet together. You can jump back and forth or side to side.

If you have a skipping rope you can do this challenge with that. Just make sure you have enough space.

## Game 7 - Water Bottle Trap

**Equipment** - Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line (the open side of the laundry basket should be facing you).

The objective is to see how many points you can score in 1-minute.

Do this by rolling the sock/tennis ball at the water bottle.

To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket - sorry!).

Rolls that hit the water bottle first score as follows:

1 point = basket falls and traps ball only

2 points = basket falls and traps water bottle only

3 points = basket falls and traps both ball and water bottle



## Game 8 - Shoe Flip Challenge

**Equipment** 1 Shoe / runner, Spacious Area, Clean Feet

Make sure you have plenty of unobstructed space around you.

How many points you can score in 1-minute?

Put your foot partially into the shoe or runner.

On the start signal, flip the shoe into the air.

Score as follows:

1 point = shoe lands on its side

2 points = shoe lands right side up (sole of the shoe on the ground)

3 points = shoe lands *perfectly* upside down (no sides touching the ground)

0 points = if the shoe hits you in the head or knocks over a lamp.



## Game 9 - Potato and Spoon Challenge - No sports Day is complete without this!

**Equipment** - A spoon and a potato

Mark out a distance between two points. Put your potato on your spoon. See how many times you can walk between the two points without dropping the potato.

## Game 10 - Stack It Up Challenge

**Equipment** - Toy bricks / lego / food tins and a flat surface

How many bricks/tins can you stack in one minute? You can only use one hand. If it falls over, just start again.

## - Reward Game! The Biscuit Challenge

**Equipment** - A biscuit

Place a biscuit on your forehead. On Go, try and move the biscuit down your face, without using your hands! towards your mouth. See if you can do it in one minute





### EXTRA CHALLENGE

Make up your own game and play it with your family.

Complete the following

Pick a name for your game

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What equipment do you need

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How do you play it?

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Who did you play it with?

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Who won?

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Did you have fun?

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Design your own 2020 Virtual Sports Day Medal

