



Marlborough School's Virtual Sports Day.

Welcome to Marlborough School's Virtual Sports Day. Below are a series of sporting events for you to take part in. You may take part in as many events as you would like; each event you take part in can earn points for your packet ship. Which ever packet ship has the most points, wins. The event will take place from 27th - 28th June 2020 and you will have the entire weekend to join in.

To enter, simply fill out the sheet attached, take a picture of you during the event and email it all back to us. Bonus points awarded for parent participation.

Please email your results to - sport@marlborough.cornwall.sch.uk and indicate whether you are happy for us to use your photographs for promotional purposes.

Good luck and have fun.

Events

- **Speed Bounce** - make a line on the floor and jump over it as many times as you can in 2 minutes. 1 point for every 5 jumps.
- **Keep Ups** - how many keep ups can you do with a ball in one go? 1 point every keep up.
- **Distance Run** - how far can you run? 1 point every 100 meters run.
- **Spell Your Name** - each letter of your name has an exercise attached to it. Can you do each letter in your name in under 15 minutes? 2 points for every letter completed. You could repeat your name if you have time.
- **Stair Challenge** - how many times can you walk up and down your stairs? 1 point for every repetition completed e.g. up and back down is 1 repetition.
- **Hot Potato** - how many times can you throw and catch a potato in 2 minutes? 1 point for every 5 catches.
- **Sock Toss** - throw a pair of socks above your head and catch it. How many can you do in 2 minutes? 1 point for every 5 catches.
- **Book Balance** - how long can you balance a book on your head whilst walking around? 1 point for every 5 seconds it is balanced on your head. Remember you have to keep moving.
- **Plank** - hold a plank for as long as you can. 1 point for every second held
- **Handstand Hold** - hold a handstand for as long as you can. 1 point for every second held.

All equipment could be substituted for a pair of socks or a ball if you have one.

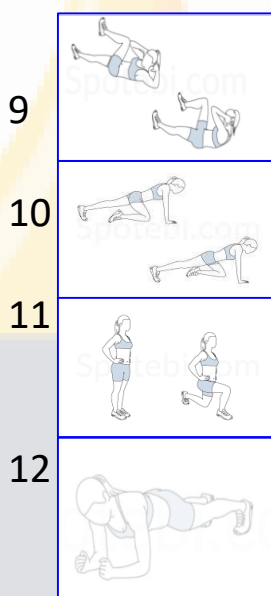
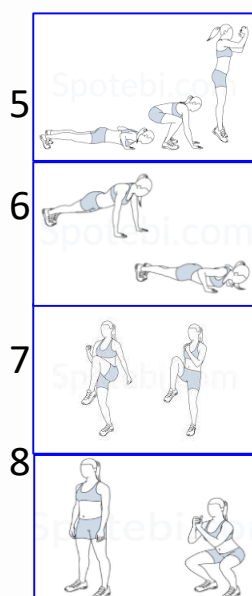
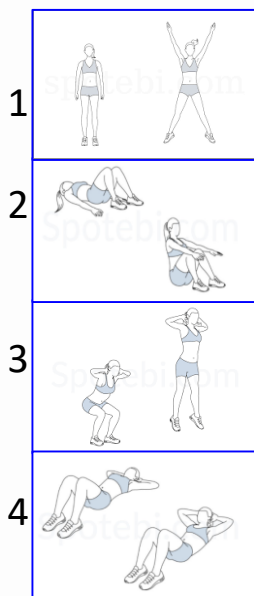
Name ----- -----	Year group -----	Packet ship -----
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Event	How many?	How far?	How long in seconds?
Speed Bounce			
Keep Ups			
Distance Run			
Spell Your Name- <i>how many letters and how long did it take?</i>			
Stair Challenge - <i>up and back down is one rep.</i>			
Hot Potato			
Sock Toss			
Book Balance			
Plank			
Handstand Hold			



Spell Your Name

- A - 10 Star Jumps
- B - 10 Sit Ups
- C - 5 Squat Jumps
- D - 10 Crunches
- E - 5 Burpees
- F - 15 Second Plank
- G - 15 High Knees
- H - 10 Pushups
- I - 10 Squats
- J - 10 Bicycle Crunches
- K - 10 Mountain Climbers
- L - 15 Pushups
- M - 10 Squat Jumps
- N - 5 Lunges (on each leg)
- O - 5 Pushups
- P - 10 Squats
- Q - 5 Lunge Jumps
- R - 15 Sit Ups
- S - 5 Burpees
- T - 10 Pushups
- U - 10 Star Jumps
- V - 15 Mountain Climbers
- W - 15 Second Plank
- X - 10 Squats
- Y - 15 High Knees
- Z - 10 Crunches



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1. Star Jumps
2. Sit Up
3. Squat Jump
4. Crunches
5. Burpee
6. Pushup
7. High Knees
8. Squat
9. Bicycle Crunch
10. Mountain Climbers
11. Lunge
12. Plank
13. Lunge Jump