

Sports week at Shipley!!

Week beginning Monday 6th July



Try the Shipley Decathlon events this week

Be as creative and imaginative as you can. Don't forget to send in your photos for the Shipley Sporting Heroes Bulletin on Friday 10th July.

| Event (& additional activities) | Completed ✓ |
|---|-------------|
| <p>Sprint Choose a set distance. Time the members of your family. Who is the fastest? Can you improve your time and do a PB - Personal Best?</p> | |
| <p>Standing Jump Start with two feet together. Bend your knees and use your arms to help you. Measure your jump in cm. Can you improve? Ask you family to join in and measure their jumps.</p> | |
| <p>Target Throwing Make a target and use balls or beanbags to see how accurate you can be. You could have extra points for a bullseye or for throwing one-handed</p> | |
| <p>Weightlifting Find some 400g tins for weightlifting (baked beans work well!) Try some bicep curls or holding them out in front of you with straight arms. How much do 2 tins weigh altogether? What about 4 tins?</p> | |
| <p>Egg and Spoon This tests your hand-eye co-ordination. An extra challenge could be to use a real egg and doing a funny forfeit if you drop it. Can the adults do it too? Watch out for cheating or use of blu-tak to stick the egg to the spoon!</p> | |
| <p>Bouncing a ball How many times can you bounce and catch a ball in a minute? How many times can you do it without dropping it? Choose any ball to use.</p> | |
| <p>Long distance run or walk How far can you get with this challenge? Aim to do about 20-30 minutes of sustained exercise, Some people are planning to do laps of the garden, visit the storks at Knepp or walk up Chanctonbury Ring.</p> | |
| <p>Cycle or scooter slalom Find a flat place and some cones or markers to make a slalom course. Try and get round them all without knocking them over. You could get someone to time you and try for a PB - Personal Best.</p> | |
| <p>Water challenge We did this at sports day last year and it was messy! Put 2 or 3 litres of water in a bucket. Place another bucket opposite. How quickly can you transfer the water from one bucket to another? Measure it to see how much you spilled.</p> | |
| <p>Freestyle - a sport of your choice This is your choice - send us the photos of your achievements. Have fun!!</p> | |

