The ‘Big Virtual’ Live and Learn Sports Day

Record Sheet

Childs Name: School:

Year Group: Teacher:

|  |  |
| --- | --- |
| Activity | Score |
| Bat and Ball Bounce |  |
| Star Jumps |  |
| Running Game |  |
| Standing Long Jump |  |
| Throw and Catch |  |
| Seated Ball Throw |  |
| Leg Kicks |  |
| Speed Bounce |  |
| Target Throw |  |
| Tuck Jumps |  |
| Step Ups |  |
| Vertical Wall Jump |  |
| Bat and Ball Balance |  |
| Press ups |  |
| Throw and Catch against a wall |  |
| Balancing on one leg |  |
| Burpees |  |
| Running with high knees |  |
| Sit ups |  |
| Mountain Climbers |  |
| Bounce and Catch |  |
| Squat Thrusts |  |