



ESJ Virtual Sports!

Name_____

Activity	Instructions	1 st attempt	2 nd attempt	Best score
Cushion balance	Balance a cushion on your head. How long can you walk round your garden without it falling off?			
Jumping Jacks	How many jumping jacks can you do in 1 minute?			
Holding a Plank	How long can you hold a plank for? Your body must be straight and still.			
Roll a Can	You will need something like a satsuma or an apple for this, and 2 tins of beans or similar. Place 2 tins, 2 hand lengths apart on the floor. Stand 3 metres away. Now try to roll your satsuma through the gap. How many times can you roll the satsuma through the gap in 1 minute?			
Tea Bag Toss	Place a mug on the table in front of you. Take 2 large steps back. Now try to throw a tea bag into the mug. How many can you get in? You can have 5 tea bags to throw.			
Sock Toss	Mark out 3 distances from you that are 1, 2 and 3 metres away. Stand at the start and throw your sock. The closest distance earns 1 point The middle distance earns 2 points The furthest distance earns 5 points How many points can you get with 5 sock throws?			
Keepy Uppy	How many keepy uppies can you do with a toilet roll? When the toilet roll drops, that's your score.			
Shot Putt	From a standing start, hold a toilet roll on your shoulder and push it away from you. Measure how far it travelled.			
Paper Aeroplane Throw	Make a paper aeroplane. Then throw it and measure how far it travelled.			