

St. Paul's Virtual Sports Day Points Table

Activity	10 points	20 points	30 points	40 points	50 points
100m sprint on the spot	1-15 seconds	16-30 seconds	31-45 seconds	46 seconds - 1 minute	1 minute and 1 second+
Hurdles	1-3 jumps	4-6 jumps	7-9 jumps	10-12 jumps	13+ jumps
Egg and Spoon	1-3 laps	4-6 laps	7-9 laps	10-12 laps	13+ laps
Sock Put	1-3	4-6	7-9	10-12	13+
Triple Jump Speed Bounce	1-5 bounces	6-10 bounces	11-15 bounces	16-20 bounces	21+ bounces

How the activity works...

100m sprint on the spot	The children will need to run on the spot as fast as they can and for as long as they can. The longer they can run, the more points they will score.
Hurdles	The children have 30 seconds to make as many two footed jumps over hurdles that are on the floor as they can. The hurdles could be towels or scarves that are stretched out on the floor.
Egg and Spoon	The children will need to complete as many laps of the egg and spoon track as they can in 1 minute. Place two markers 2 metres apart to make the track – the children will need to go around the markers. If you are in KS2 and you drop your egg, you will have to start again from 0. If you do not want to use an egg, you can use a potato or a pair of socks.
Sock Putt	The children will need throw as many pairs of socks in a basket or box as they can in 1 minute. The children need to be stood 2 metres away from the basket. The children in KS2 will need to shot put the socks in to the basket.
Triple Jump Speed Bounce	The children will need to bounce over an object as many times as they can in 30 seconds. The object could be a brush/mop handle or a pair of socks – something that doesn't sit too high off the ground.