

# **CUBA ELEMENTARY**

## **VIRTUAL SPORTS DAY 2020**

The following is a list of 15 different events to choose from to compete in your 1st ever virtual sports day event. You must keep track/record your own results. You can do as many events as you wish, but you will need to complete & turn in 6 of the events in order to qualify for a ribbon!!

\*\*Parent/Family more than welcome/encouraged to join in as well!!!

HAVE FUN!!!!

Friday, May 8th...or another day if the weather is not fit that day...results will need turned in via Google Form Monday, 11th. The form link will be sent out on Friday, May 8th.

1. Pushups...count how many pushups you can do in 1 minute
2. Sit-ups...count how many sit-ups you can do in 1 minute
3. Jump Ropes...count how many jump ropes you can do in 1 minute
4. Obstacle Course...set up your own course - make sure you have a start & finish line & obstacles to go through/over/under/around, have someone time you going through the course & record...you get 3 tries
5. Accuracy Challenge...find something to throw & something to throw at. Record how many items you can knock down in 15 throws
6. Football/Baseball Throw...If you have enough space mark a line, make 5 throws from that line & record which one goes the furthest
7. Long Jump...mark a starting line...jump from that line & record your farthest jump...5 tries (measure whatever part of body lands closest to line & cannot cross line when jump)
8. Hula Hoop...record how long you can hula hoop without it falling down...if too easy try walking while doing it!
9. Juggling...find 2 items or balls, see how many times you can toss the 2 without dropping in a row...10 tries & record highest #

10. Bottle Flip...record how many bottle flips you land in 1 minute
11. Trike/Bike Course...set up a course for your bike or trike...have someone time you how long it takes...you get 3 tries
12. Limbo...find a stick or something...have someone hold it & lower it each time you make it through until you cant go any lower (at that point measure the distance from the bar to the ground...cannot touch the ground/floor at any point with anything other than feet
13. Basketball Shoot...around the world...make 5 spots to shoot from, if make from 1 move to 2 & all way up to #5...if miss you can stay or chance it. If stay = next person's turn, if chance it & miss you must go all way back to #1...1st person to make it all the way around wins...if you do not have a bb hoop BE CREATIVE!!!
14. 1Foot Challenge...time how long you can stand on 1 foot only...try it on each foot
15. Races...mark a starting line & a finish line...have someone time you...can do any distance you want...can do as many races as you want...1 meter = approximately 1 big step