

# CJS Virtual Sports day

Can you 'beat the staff' and win points for your house by completing as many of the challenges below as you can?



## Competitor Profile

Name:

House:

Class:

Favourite sport:

Favourite Challenge:

Secret Skill:



Competitor Profile Pic

## The Challenges:

Record your results or tick when complete		Record your results or tick when complete	
60 second fortnight dancing		Water balloon contest	
Unboiled egg and spoon race		How many forward rolls can you do in a row?	
Pillow case 100 jumps		How long can you hula hoop for?	
River skimming challenge		Tik Tok dance	
100m sprint		Fancy dress run	
One minute skipping		One minute to clothes peg an adult	
3 legged race		Balanced plastic cup of water on head race	
Long jump- how far can you jump?		Most miles walked/ran in a day	
DARE- Cross a shallow river and 'dab'		How long can you hold a plank for?	
How many socks can you peg on a line in 30 seconds?		Frying pan bounce- how many times can you bounce a ball in the pan?	