



An Alternative Sports Day

To complete our alternative sports day this year, there are 6 challenges for you to complete.

When you have completed an activity, you can give yourself 1 point.

How many activities can you successfully complete in one week?

Add up your points and let your teacher know, along with telling your teacher which team you are in. You can get a **maximum of 6** points.

There is also a bonus round, worth 10 points!!!!



Activity 1 – 1 point



Train like Dina Asher-Smith!



Sprinters need their muscles to work in **short, sharp, explosive bursts!**

For one Asher-Smith 'POWER' point you will need to complete this workout:

10 seconds sprinting as fast as you can, 30 seconds walking,
10 seconds sprinting as fast as you can, 30 seconds walking.



Activity 2 – 1 point



Train like Harry Kane!



- Football players need their bodies to be agile and to work hard for a long time!
- For one Kane 'POWER' point you will need to complete this workout:
- Continuous running for 1 minute, 10 Space Rockets
- Continuous running for 1 minute, 10 Space Rockets



Activity 3 – 1 point



Train like Serena Williams!



- Tennis players need their bodies to be agile and strong !
- For **one** Williams 'POWER' point you will need to complete this workout:
- 2 shuttle sprints, 10 Star Jumps, 10 Squats
- 2 shuttle sprints, 10 Star Jumps, 10 Squats



Activity 4 – 1 point



Train like Max Whitlock!



- Gymnasts need their bodies to be **flexible and strong!**
- For one Whitlock 'POWER' point you will need to complete this workout:
- 4 point balance for 5 seconds, 3 point balance for 5 seconds, 15 Shoulder touch press ups, 2 point balance for 5 seconds



Activity 5 – 1 point



Train like Steph Curry!



- Basketball players need to be able to throw with great accuracy!
- For one Curry 'POWER' point you will need to complete this workout:
- Find something to make a target with (a bucket or a plastic bowl). Roll up some socks and take 6 steps back. See how many sock balls you can throw in your target!



Activity 6 – 1 point



Train like Laura Muir!



- Distance runners need to be able to keep their body moving for a long time!
- For **one** Muir 'POWER' point you will need to complete this workout:
- Either complete Star Jumps or run continuously without stopping for 3 minutes!



Bonus Round – 10 points

FOR 10 extra points, write no more than 100 words about the sports person that inspires you the most and why.

Send this into your teacher along with the point total that you gained from the activities.

Remember, to gain the point for each activity, you must complete it to the best of your ability. You may need to practice before.

Complete your activity in front of your parent/carer or teacher so they can verify your results.