

Beat the Teacher Sports Day 2021



Blindfold Balance

1. Get a blindfold or close your eyes – no cheating.
2. Choose the leg you reckon you can balance the longest on – you can't switch!
3. How long can you balance on one leg blindfolded?



Book Balance

1. Find a book and place it on your head.
2. Walk around a space with the book on your head – your hands aren't allowed to touch the book
3. Time how long you can walk and balance at the same time



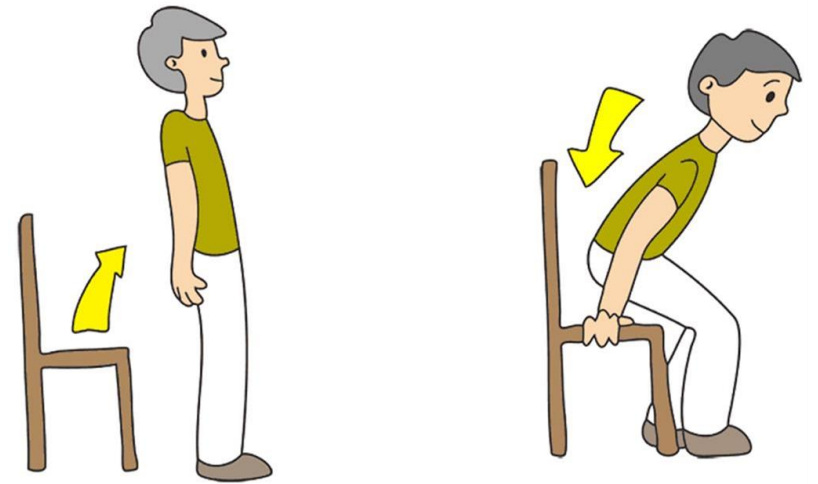
Bunny Hops

1. Start and end each hop with your hands and feet on the floor
2. Bunny hop around an area for 1 minute
3. Count how many you can do



Sit Down, Stand Up

1. You need a chair, sit on it fully.
2. Stand up fully, then sit back down fully so your back touches the back of the chair
3. Count how many times you can do this in 1 minute. Count each time you sit.



Plank

1. Get into the plank position (shown below) – make sure your bottom isn't sticking up
2. Time how long you can hold yourself there for.



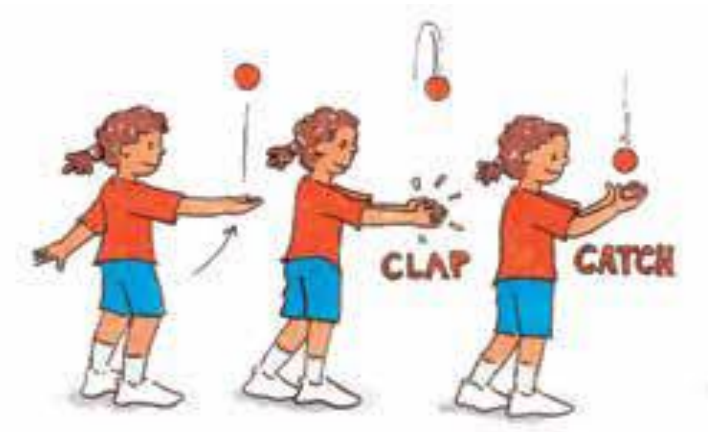
Star Jumps/Jumping Jacks

1. Find a big space
2. Make sure your arms and legs are both moving
3. How many can you do in 2 minutes?



Throw and Clap

1. Find something that you can throw safely such as a ball or beanbag
2. Throw the ball up above you and clap before you catch it
3. Time how many times you can clap in 1 minute



Taekwondo Challenge

1. Make sure that you find a lot of space with no one close by
2. Left side punch, right side punch, kick
3. Time how many times you can do this whole rotation in 2 minutes

