Stanford in the Vale Virtual Sports Day!

This year, Sports Day is looking a little different! We are going to hold a virtual sports day! We have replaced our normal events with activities that are easy to complete at home using just a ball of rolled up socks!

You will need:

A ball of socks (or a few pairs)

Stopwatch / timer

Tape measure

Teacher demonstration videos

Have a go at all the different activities in any order and record your own times and scores. You can see teachers demonstrating each activity on our school website! We would love to see any photos / videos of your completing each event!

1. Sock Basketball

Put a bucket or basket a short distance away (4m approx). How many times can you throw your ball of socks into the bucket, collect, return and throw it again in 1 minute?

Watch Mrs McEachern demonstrate this on the website!

2. Sock and spoon

Can you walk / run the length of your garden and back again balancing a ball of socks on a

spoon? How long did it take your to complete? Time yourself.

Watch Mrs Cook demonstrate this!

3. Sock Throw

Choose a starting position then see how far you can throw a ball of socks. Measure

your throw to the nearest cm.

Watch Mrs Adamson demonstrate!

4. Sock Dribble

Set up some obstacles that you can dribble around. This could be flowerpots, or can

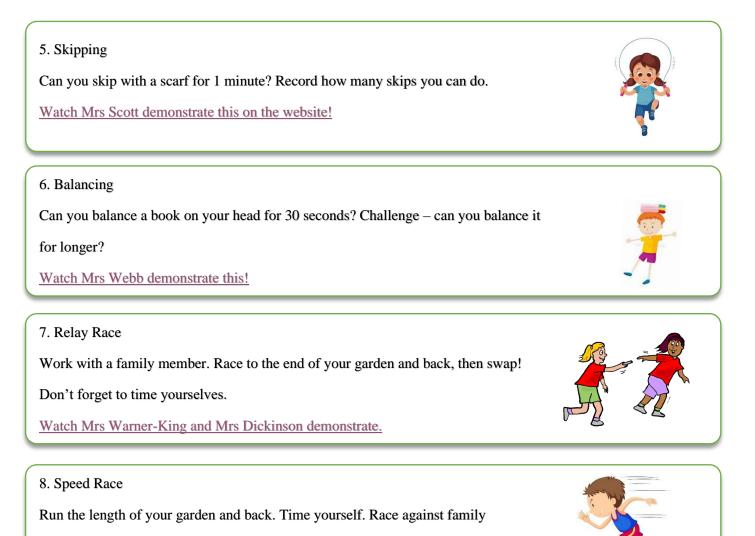from your kitchen. Race against a family member to see who is the quickest!

Watch Mrs Willis demonstrate on the website.

5. Skipping

Can you skip with a scarf for 1 minute? Record how many skips you can do.

Watch Mrs Scott demonstrate this on the website!

6. Balancing

Can you balance a book on your head for 30 seconds? Challenge – can you balance it

for longer?

Watch Mrs Webb demonstrate this!

7. Relay Race

Work with a family member. Race to the end of your garden and back, then swap!

Don't forget to time yourselves.

Watch Mrs Warner-King and Mrs Dickinson demonstrate.

8. Speed Race

Run the length of your garden and back. Time yourself. Race against family

members and time them too!

Watch Mrs Watkin demonstrate this on the website!

9. Sock Jump

Place your ball on the floor and see how many times you can jump over them and back

in 1 minute.

Watch Ms Middleton demonstrate this on the website!

10. Pillow case race

Can you compete against a family member to race the length of your garden

and back whilst jumping in a pillow case.

Watch Mr Scott demonstrate!

11. Sock Keepie Uppies

Can you keep your ball of socks up in the air using just your feet? How many

can do you in 1 minute?

Watch Mrs Dharmasiri demonstrate this.