

Sport's Week - 4th/5th/6th class – Ballina Primary School

Monday: Running

Activity 1 - Rock, Paper, Scissors tag

Find a partner, stand one metre apart and face each other. Begin by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, count to three and form a rock, paper, or scissors. The winning person then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.

https://www.youtube.com/watch?v=oYCPKHFvveM&feature=emb_logo

Family relay – get your family out and running with a baton (or ruler) in your garden, green or park.

Tuesday: Kicking

Activity 2 - Rebound Ball

You need one cone/skittle and one football. Place your cone three to five metres from the wall within your designated playing area. Place your ball next to the skittle and kick it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when you have successfully progressed the cone, metre by metre, back across the goal line.

https://www.youtube.com/watch?v=KH0YnuwCo0c&feature=emb_logo

Family activity – keepy-uppies. See who can get the longest number of keepy-uppies using a football!

Wednesday: Throwing

Activity 3 - Tennis ball Challenge

The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds.

https://www.youtube.com/watch?time_continue=1&v=KxD8V6xvsLk&feature=emb_logo

Family activity – set a push up task – see who can get the most push-ups.

Thursday: Throwing

Activity 4 – Bowling

Use cones to set up a bowling lane approximately five metres in length for each group. At the end of the bowling lane place five skittles as targets. Each bowler has three balls to knock over as many skittles as possible. All bowlers take a turn and then replaces the knocked skittles. Keep your score. The person that knock over the most skittles wins. Increase difficulty by increase the distance between the thrower and the skittles or decreasing the width of the lane.

https://www.youtube.com/watch?time_continue=6&v=cg9gURRP63c&feature=emb_logo

Family activity – have a slow bike race – get two family members to have a slow bike race of 100 metres. The slowest person wins!

Friday: Balancing

Activity 5 - Obstacle Course

Set up and run your own obstacle course. Use any equipment available - household or otherwise. Do the obstacle course, time yourself and try to beat your original time. Get your family involved!

https://www.youtube.com/watch?v=sXjDO9G2JQY&feature=emb_logo

Family Activity – Sports Day - suggested activities:

- **Egg and spoon race**
- **Sack race**
- **3 - legged race**
- **Wheelbarrow race**