

Dear Children

Next week we plan to hold our annual sports day! The first (and the last) virtual sports day. We have come up with a list of 20 activities. The activities are also in 20's! That's the theme "20-20 in 2020". (See our list below.)

You can participate in one, or more, or even all of the activities and send photos to your house email. By you, I do mean all of you! Photo or even video entries equate to points for houses and every entry, even from family members will get points. The more entries from your house the more points and that's how the victors will be crowned. Remember - `You`ve gotta be in it, to win it! `

Some events are more tricky than others so pick and choose your favourites. Entries will need to be in by next Monday 22nd June 9.00am - we look forward to seeing them. Please email:

Yellow house beech@kirkhamwesham.lancs.sch.uk

Green house sycamore@kirkhamwesham.lancs.sch.uk

Red house chestnut@kirkhamwesham.lancs.sch.uk

Blue house oak@kirkhamwesham.lancs.sch.uk

Good luck and have fun!

Miss Banks

PE Subject leader

Activities

1. 20 skips with a rope
2. 20 hops on 1 foot
3. 20 star jumps
4. 20 keepy uppies
5. 20 bounces with a basketball
6. 20 laps of the garden
7. 20 rolls of a hula-hoop
8. 20 steps with an egg and spoon
9. 20 seconds of balancing a book on your head
10. 20 objects thrown into a bin/hoop
11. 20 jumps on a trampoline/space hopper or even 20 jumps off the ground!
12. 20 minute bike ride
13. 20 high kicks
14. 20 minute walk/jog
15. 20 second plank
16. 20 bounces on a racquet
17. 20 goals in a net
18. 20 minutes circuit training
19. 20 minutes non stop dancing
20. 20 sit-ups/press-ups

