

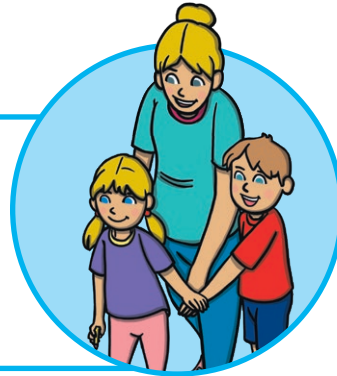
Twinkl Sports Day at Home Scoresheet

Relay Race

Complete the relay race and then put the picture you have drawn as a team below the original picture. Did you manage to recreate it?

Decide together on your score:

- 3 = Absolutely perfect
- 2 = A really good attempt
- 1 = Lots of differences
- 0 = Nothing like it!



Team Name

Score

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Underarm Throw

Have five attempts at throwing your ball into the container.
Score one point for each successful throw.



Name

Score

Agility Challenge

Every complete row of beakers that a competitor turns over scores the competitor one point.



Name	Score

Egg and Spoon Race

Travel 10m in under 30 seconds while balancing an egg on a spoon. Every competitor starts the event with five points. Each time a competitor drops the egg, they lose one point. A bonus point is awarded to the winner of the race.

Name	Score

Standing Long Jump

You need to choose a coach from your household to watch your Standing Long Jump and give you points for each correct technique you display:

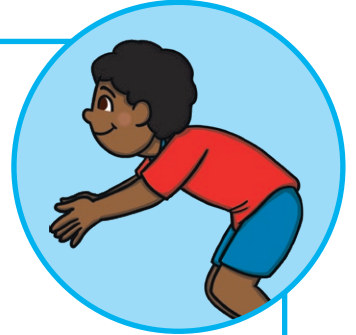
Ankles, knees and hips bent ready for take-off = **one point**

Arms swing behind body = **one point**

Both feet leave the ground together on take-off = **one point**

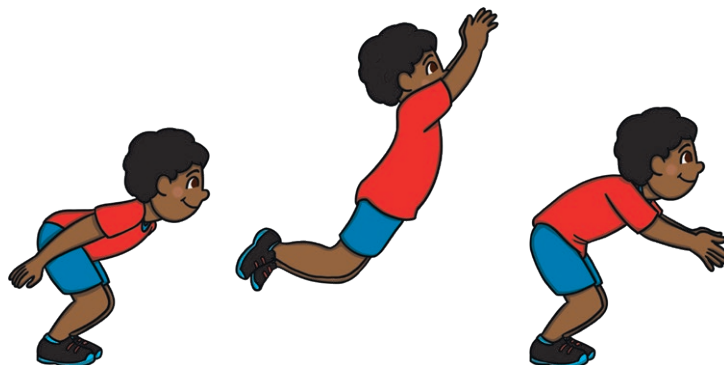
Arms swing forward and up in the jump = **one point**

Land on both feet at the same time, with ankles, knees and hips bent = **one point**



Remember to also measure your distance for each jump. You can have an additional point if your jump today is further than your very first jump.

Name	Distance	Score



Object Balancing Race

Travel 10m in under 30 seconds while balancing a beanbag on your head. Every competitor starts the event with five points. Each time a competitor drops the beanbag off their head, they lose one point. A bonus point is awarded to the winner of the race.

Name	Score