



# VIRTUAL SPORTS DAY 2020

## FOUNDATION & KEY STAGE 1

What ?



### LAVA!

**You Will Need:**

- » **Tape Measure**
- » **Carpet floor or grass (non-slip surface)**
- » **2x Markers (paper, cardboard, spots)**

Why ?



- **Children can change direction and speed easily**
- **Children can explore how to jump**
- **Children can complete simple movement phrases**
- **Children can jump and land safely from a different levels**

How ?



- ① **Place both markers approximately 0.5m (FS) or 0.75m (Y1/2) apart**
- ② **Stand between both markers in an upright position**
- ③ **Jump alternatively between both markers with both feet shoulder width apart - you must land on the markers for the jump to be successful**
- ④ **Record how many jumps that you can complete in 30 seconds (FS) or 45 seconds (Y1/2)**

**#HavingFunSafely**

