








Had we been in school this week we would have been busy readying ourselves for skipping day, the swimming gala and sports day. However, being 'Team Westwood', we are not going to let a little thing like home schooling get in our way are we? Therefore, although we can't really replicate the swimming gala, we can certainly do our best with the other sporting activities so for our whole school curriculum activity this week we are asking you to join in with all, or at least some, of our 'Westwood Sports Week Challenges'. Good luck and don't forget to let us know how you get on by sending us photos and adding your scores and times to the sports board for a little bit of friendly competition!

| Activity | Instructions |
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| Activity 1 – Skipping Challenge |  <p>How many skips can you do in 2 minutes?</p> |
| Activity 2 – Balloon/ Ball 'Keepy Uppy' Challenge |  <p>Whether you are using a balloon or ball how many 'ups' with your hand, feet or both can you do before it hits the floor?</p> |
| Activity 3 – Matching Sock Challenge |  <p>You will need 10 pairs of socks (different colours are best) Ask someone to separate the socks and put them randomly around the garden or room. Time how long it takes you to collect all of the socks and put them back into their pairs. (For an added challenge once you have a pair of socks you could put them together and throw them into a bucket 1m/2m away.)</p> |
| Activity 4 – Star Jump Challenge |  <p>How many star jumps can you do in 1 minute?</p> |
| Activity 5 – Getting Dressed Challenge |  <p>You will need 5 t-shirts Ask someone to lay the t-shirts around the house or garden. On your marks, get set, go! Move to each item & put it on. When you have put the 5th t-shirt on stop the clock. How long did it take you?</p> |
| Activity 6 – Crab Walk Challenge |  <p>How long can you keep walking like a crab for? Remember that you need to keep moving!</p> |
| Activity 7 – Standing Long Jump Challenge |  <p>Measure the distance that you can jump 2 feet to 2 feet from a standing position.</p> |