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**Virtual Sports Day**

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**Kixx are hosting a Virtual Sports Day for Schools, families at home and our Kixx superstars to take part in.**

There will be 6 activities to complete, and all activities can be completed using minimal equipment or even household items. You will gain points for each activity and can add them all up on our score sheet included in this pack. Here are the instructions for the 6 activities…

**Activity 3: Air Punches**

Practise your boxing skills with this activity. In 30 seconds count how many air punches you can do.

Every air punch – 1 point.

**Activity 6: Long Jump**

This activity will test how far you can jump. Use a piece of string, rope or a tea towel to mark where you will jump from. Bend your knees and make the biggest jump you can. Ask an adult to help you measure how far you have jumped. You can use a ruler, a measuring tape oryour feet! Your score will be how far you have jumped in centimetres (CM).

**Activity 4: Throwing & Catching**

For this activity, you will need a tennis ball or a pair of rolled up socks. In 30 seconds count how many throws and catches you can do against a wall/fence.

Every catch = 1 point.

**Activity 1: Speed bounce**

This tests your speed and coordination. You will need a rope, towel or anything that makes a line. In 30 seconds, count how many times can you jump over the line with two feet.

Every jump you complete = 1 point.

**Activity 5: Egg and Spoon**

This activity will test your balance and concentration. You will need a spoon and either a small potato, a small ball or the rolled up socks. Pick a spot to run to, you’ll need to run with your ‘egg’ and spoon for 30 seconds.

Start off with 20 points, every time you drop your ‘egg’ you lose 1 point.

**Activity 2: Star Jumps**

This activity gets your heart racing. In 30 seconds, count how many Star Jumps you can complete.

Every full star = 1 point.

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**Double click onto the spreadsheet below to activate Excel. This will automatically add up each child’s final score.**

**Send your score sheet to** [**admin@kixx.org.uk**](mailto:admin@kixx.org.uk) **to be entered into a prize draw.**



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**This Certificate is awarded for taking part in the Virtual Sports Day!**

**CONGRATULATIONS!**

**Kixx are so proud of you! Keep up the good work and remember to stay active!**

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Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**kixx.org.uk 01302 618080 admin@kixx.org.uk**



