



## FPS Virtual Sports Week Card



Activity	Carry out each exercise for 1 minute	Points	Total Score
1	Star jumps	1-25 = 5 pts    26 -50 = 10pts    51+ = 15 pts	
2	Shuttle runs - run between markers 3 metres apart	1 point for each time you return to starting marker.	
3	Squats	1-10 = 5 pts    11-20 = 10pts    21+ = 15 pts	
4	How many step ups can you do? Use your bottom stair or outdoor step	10 - 30 = 5 points    31 - 50 =10 pts 51+ = 15 pts	
5	How many kangaroo hops (speed bounces) can you do?	Up to 40 = 5 points    41 - 60 = 10 pts 61+ = 15 pts	
6	Press ups (from your feet or knee)	1-10 = 5 pts    11-20 = 10pts    21+ = 15 pts	
7	Burpees	Up to 5 = 5 pts    up to 10 = 10 pts 11 or more = 15 pts	
8	Plank	0 - 20 seconds = 5 pts    21 - 40 seconds = 10pts 41 + seconds = 15 pts	
9	Throw and catch a ball (KS2 – ball must be thrown above the head)	1-40 = 5 pts    41 -60 = 10pts    61+ = 15 pts	
10	Balance a book on your head and walk around your house/garden	1 - 10 seconds = 5 pts 11 - 30 seconds = 10pts    31 seconds + = 15 pts	
11	Throw a ball in a bucket 2 metres away - 3m for KS2 (you could use a saucepan or washing up bowl and a pair of socks)	2 points for each successful attempt.	
12	How long can you sit in a squat position against a wall?	Up to 20 seconds = 5 pts up to 40 seconds = 10pts    41 seconds + = 15 pts	
13	How many high knee skips can you do? Stationary or moving	10 - 40 = 5 points    41 - 60 = 10 pts 61+ = 15 pts	
14	How many sit ups can you do?	1 - 20 = 5 points    21 - 40 = 10 pts 41+ = 15pts	
15	How many chest passes can you do with a partner? (KS2-At least 2m apart) No ball, use a teddy!	1-25 = 5 pts    26 -50 = 10pts    51+ = 15 pts	
16	Egg and spoon race. How long can you balance an egg on a teaspoon? (Probably best in your garden for this one!)	0-30 seconds = 5 pts    31-40 seconds = 10pts 41-60 seconds =15 pts	
17	How many bunny hops can you do?	Up to 40 = 5 points    41 - 60 = 10 pts 61+ = 15 pts	
18	How many forward lunges can you do?	1-10 = 5 pts    11-20 = 10pts    21+ = 15 pts	
19	How many times can you hit a ball in the air with a bat? No bat? Use a frying pan!	1-10 = 5 pts    11-20 = 10pts    21+ = 15 pts	
20	Jumping on the spot	10 - 30 = 5 points    31 - 50 =10 pts 51+ = 15 pts	

Total Score

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