



VIRTUAL SPORTS DAY 2020

FOUNDATION & KEY STAGE 1

What ?



UP & DOWN!

You Will Need:

» Carpet Floor, Rug or Grass (soft surface)

Why ?



- Children can change movements fluently
- Children can travel at different levels or heights whilst using different body parts
- Children can travel in different ways
- Children can stop still and control the body when given a command

How ?



- ① Stand in an upright position
- ② Continually repeat a sit down/stand up sequence
- ③ Sitting Down must involve both legs being fully extended before you begin to stand up.
- ④ Record how many sit down/stand up sequences that you can complete in 30 seconds (FS) or 45 seconds (Y1/2)

#HavingFunSafely

