

Let's get active!

Take on the Stanhope Barrington Sports challenge

Host a mini sports day in your garden. Try and complete all of the different events to the best of your ability and remember to have lots of fun. Send any pictures to admin@stanhopebarrington.org.uk

<p>Balance an egg on a spoon and walk around your garden. How many times can you manage in a 1 minute?</p> <p><i>Choose a small spoon for an extra challenge.</i></p>	<p>Balance a book on your head. Can you stay still for a minute?</p> <p><i>If you can, balance on 1 leg for an extra challenge.</i></p>	<p>Choose your favourite song and dance until the end.</p> <p><i>Choose a long song for an extra challenge.</i></p>
<p>Can you hold a plank for 1 minute?</p> <p><i>Complete shoulder taps for an extra challenge.</i></p>	<p>Sit down, stand up. How many times can you stand up and sit back down on a chair in 1 minute?</p> <p><i>Use a smaller chair for an extra challenge.</i></p>	<p>Jumps How many bunny jumps can you complete in 1 minute?</p> <p><i>Touch the floor after each jump for more of a challenge.</i></p>
<p>Go for a long walk. Try to walk the furthest you can. Take a drink with you to keep you hydrated.</p> <p><i>Look on a map to plan your route with an adult for more of a challenge.</i></p>	<p>Catch and clap How many times can you throw and catch an item, including a clap, in 1 minute?</p> <p><i>Include 2 claps for more of a challenge.</i></p>	<p>Relay Can you transfer one bowl of water into another using only a cup?</p> <p><i>Use a smaller cup and spread your bowls far apart for more of a challenge.</i></p>