Pontarddulais Primary School
Remote Learning- Week 13- Sports Week
Nursery Class

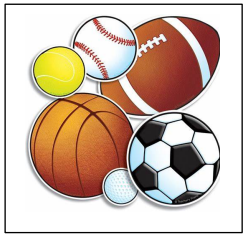
#Bontsportsday






Hello boys and girls, because we've not been able to have our Sports Day in school this year, the whole school are having a Home School Sports Day this week. Hopefully, you will all be able to join in, including your families. Any activities you do, please take a photograph or video and upload it to Twitter using #Bontsportsday. You can have a go at any races or activities you'd like, not just the ones on here.
We can't wait to see all the fun you're going to have!!

Activity 1 – Throwing and catching



Can you throw a ball in the air and catch it 5 times without dropping it? If you can do it 5 times, next time try 10.

Can you practice throwing and catching a ball with a partner?

Article 6: All children and young people have the right to survive and the right to develop.



Activity 2 - Races

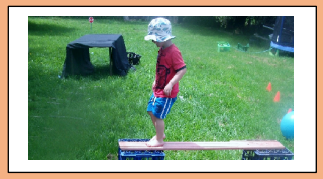
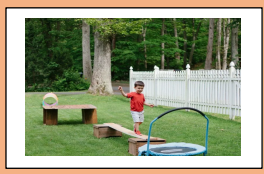



There are lots of different races you could try. Why not have a go at a pillowcase race? See who can get to the end without falling over. You could have a water race. You'll need two bowls or buckets and a cup. Fill up one bowl with water and use the cup to transfer the water to the other bowl on the other side of the garden. See if you could include your family and take turns.



Activity 3 – Obstacle course

Can you create an obstacle course at home for you and your family to complete? I had a go at home. I started doing 5 star jumps, next I jumped over chalk lines on the floor, then I clapped 3 times. Finally, I crawled through a tunnel I'd made using chairs and blankets. I timed myself using a stopwatch to see how long it took. It was lots of fun, and you can add in anything you like.

Activity 4 - WINNER!!





I'm sure that you've all been fantastic completing the different activities and you all deserve a medal. Why not try making one? I've given you some ideas in the photos. You could use cardboard, paint, paper, pasta, cupcake cases, string, ribbon or anything else you have at home. There will also be a certificate you can print off from our school website too. Good luck!! Pob lwc!!