TNIS Winter Sports Week Score Sheet

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| Day | Activity  | Score |
| MondayWatch the video of the Year 2 Teachers! | Gymnastics-Hold a 2 point balance for:3 seconds- 1 point5 seconds- 2 points10 seconds- 3 pointsMore than 10 seconds- 4 pointsHold a 1 point balance for:3 seconds- 1 point5 seconds- 2 points10 seconds- 3 pointsMore than 10 seconds- 4 pointsCrab walk- how long can you walk around for:3 seconds- 1 point5 seconds- 2 points10 seconds- 3 pointsMore than 10 seconds- 4 pointsLong jump- how far can you jump? Although it is not gymnastics you will be using what we learnt in gymnastics- remember to bend your knees when you land! Measure using your feet toe to toe3 steps- 1 point5 steps- 2 points10 steps- 3 points 15 steps or more- 4 points  | Out of a possible 16 |
| TuesdayWatch the video of the EYFS2 teachers! | Ball Skills-How many times can you pass the ball around your waist in 60 seconds without dropping it:5 times- 1 point10 times- 2 points20 times- 3 points 30 times or more- 4 points How many times can you throw and catch a ball/ toilet roll without dropping it?5 times- 1 point 10 times- 2 points15 times- 3 points20 times or more- 4 pointsHow long can you balance the ball/ toilet roll on your foot?3 seconds- 1 point5 seconds- 2 points10 seconds- 3 pointsMore than 10 seconds- 4 pointsHow many keepy-uppies can you do with a ball/ toilet roll? 1 time- 1 point3 times- 2 points5 times- 3 points 10 times or more- 5 points  | Out of a possible 17 |
| WednesdayWatch the videos of Mr Evans and the TCC students! | Zumba ‘5, 6, 7 ,8’ with TCC 2 points for joining in!Zumba ‘Reach for the Stars’ with TCC 2 points for joining in! Mr Evan’s challenge Speed BounceHow many can you do in 30 seconds?5- 1 point10- 2 points15- 3 points20 or more- 4 points | Out of a possible 8 |
| ThursdayWatch the video of the Year 1 teachers! | Circuits How many star jumps can you do in 30 seconds?5- 1 point10- 2 points15- 3 points 20 or more- 4 points How many rocket jumps can you do in 30 seconds?5- 1 point10- 2 points15- 3 points 20 or more- 4 points How many press ups can you do in 30 seconds?5- 1 point10- 2 points15- 3 points 20 or more- 4 points How many spotty dogs can you do in 30 seconds?5- 1 point10- 2 points15- 3 points 20 or more- 4 points  | Out of a possible 16 |
| FridayWatch the balloon volley ball video!  | Balloon VolleyballHow long can you rally for without the balloon hitting the floor/ other surface?5 times- I point10 times- 2 points15 times- 3 points20 times or more- 4 points Can you keep the balloon up in the air without it hitting the floor/ other surface?5 seconds- 1 point10 seconds- 2 points 20 seconds- 3 points30 seconds- 4 points60 seconds or more- 5 points | Out of 9 |
|  |  | Total score Out of a possible 66 |