TNIS Winter Sports Week Score Sheet

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| Day | Activity | Score |
| Monday  Watch the video of the Year 2 Teachers! | Gymnastics-  Hold a 2 point balance for:  3 seconds- 1 point  5 seconds- 2 points  10 seconds- 3 points  More than 10 seconds- 4 points  Hold a 1 point balance for:  3 seconds- 1 point  5 seconds- 2 points  10 seconds- 3 points  More than 10 seconds- 4 points  Crab walk- how long can you walk around for:  3 seconds- 1 point  5 seconds- 2 points  10 seconds- 3 points  More than 10 seconds- 4 points  Long 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 toe  3 steps- 1 point  5 steps- 2 points  10 steps- 3 points  15 steps or more- 4 points | Out of a possible 16 |
| Tuesday  Watch 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 point  10 times- 2 points  20 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 points  15 times- 3 points  20 times or more- 4 points  How long can you balance the ball/ toilet roll on your foot?  3 seconds- 1 point  5 seconds- 2 points  10 seconds- 3 points  More than 10 seconds- 4 points  How many keepy-uppies can you do with a ball/ toilet roll?  1 time- 1 point  3 times- 2 points  5 times- 3 points  10 times or more- 5 points | Out of a possible 17 |
| Wednesday  Watch 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 Bounce  How many can you do in 30 seconds?  5- 1 point  10- 2 points  15- 3 points  20 or more- 4 points | Out of a possible 8 |
| Thursday  Watch the video of the Year 1 teachers! | Circuits  How many star jumps can you do in 30 seconds?  5- 1 point  10- 2 points  15- 3 points  20 or more- 4 points  How many rocket jumps can you do in 30 seconds?  5- 1 point  10- 2 points  15- 3 points  20 or more- 4 points  How many press ups can you do in 30 seconds?  5- 1 point  10- 2 points  15- 3 points  20 or more- 4 points  How many spotty dogs can you do in 30 seconds?  5- 1 point  10- 2 points  15- 3 points  20 or more- 4 points | Out of a possible 16 |
| Friday  Watch the balloon volley ball video! | Balloon Volleyball  How long can you rally for without the balloon hitting the floor/ other surface?  5 times- I point  10 times- 2 points  15 times- 3 points  20 times or more- 4 points  Can you keep the balloon up in the air without it hitting the floor/ other surface?  5 seconds- 1 point  10 seconds- 2 points  20 seconds- 3 points 30 seconds- 4 points  60 seconds or more- 5 points | Out of 9 |
|  |  | Total score  Out of a possible 66 |