



# Galbraith Virtual Sports Day

Check off each square as you complete the task. If applicable, you can write in how many tries it took, how long it took, etc. Remember that the point of these activities is to get active and enjoy the beautiful summer weather, so feel free to make substitutions as needed to make the activities possible for you. Instructions for all activities are on our YouTube video.

Most importantly, have fun!!

<b>Paper Plane Cornhole</b> Number of tries:	<b>Bowl Ball</b> Number of tries:	<b>Water Bottle Trap</b> Number of tries:
<b>Paper Ball Trick Shot</b> Number of tries:	Free Space	<b>Towel Flip Challenge</b>
<b>Shoe Flip Challenge</b> Number of tries:	<b>Long Jump</b> Distance:	<b>One-Person Relay Race</b> Time:

## Materials Needed:

- 2-3 sheets of paper
- Laundry hamper/plastic bin
- Towel
- Shoe
- 5 small objects (could be anything)
- Small ball (you can make one out of socks if you don't have one)
- Water bottle (the disposable kind works great, but anything with a flat lid will work)

