



Blackpool FC Community Trust

Blackpool Football Club,
Seasiders Way,
Blackpool,

Blackpool FC Community Trust Blackpool Sports Day 20-20

#BFCCT2020 #ActiveWithBFCCT

Dust your PE kit off!!

Welcome to our first ever Blackpool FC Community Trust's virtual sports day "Blackpool Sports Day 20-20", delivered by our Primary Stars PE Delivery Team.

On your marks.... Get Set.... Go!!

Between Monday 6th – Friday 10th July we would like you to set aside half an hour to compete in a number of fun physical activity challenges that will test your speed, strength, balance, coordination and agility.

Activities will last for either 20 seconds or for 20 repetitions (20 times) and can be completed inside or out. You can then build up a score for each 'event' to share with your class and school friends.

In order to complete all stages of your '20-20' Sports Day you will need the following items;

- A type of ball (or rolled up sock/ paper)
- A bat (object to strike with)
- A step
- 2 Tins
- 2m track
- Egg and spoon (or alternative)
- A bag or bucket

Please use the supporting video that can be found on the link below to access demonstrations of each event.

<https://youtu.be/INPy1AU3kMo>

Then record your score using our scoring sheet and share with your school and Blackpool FC Community Trust on any of our social media platforms (found below) using the Hashtag #BFCCT2020 #ActiveWithBFCCT

Contact Us



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The Events

EVENT		AMOUNT	EQUIPMENT	SCORE	
1.	Plank	20 Secs			20
2.	Speed Bounce	20 Reps	A Line		20
3.	Walk Outs	20 Secs			20
4.	Star Jumps	20 Secs		Number of jumps	
5.	Keepy Ups (Body)	20 Reps	Ball/ Sock/ Rolled Up Paper		20
6.	Keepy Ups (Equipment)	20 Reps	As Above + striking object		20
7.	Squats	20 Secs		Number of squats	
8.	Toe Taps	20 Reps	Ball/ Tin /Socks		20
9.	Throw Catch	20 Reps	Ball/ Sock/ Rolled Up Paper		20
10.	Step Ups	20 Reps	Step		20
11.	Sprints	20 Secs			20
12.	Press Ups	20 Secs		Number of press ups	
13.	Superman	20 Secs			20
14.	Tin Stacker	20 Secs	2 Tins / 2 Tall Cones	Number of stacks	
15.	Bottle Flip	20 Secs	Water Bottle	Number of flips	
16.	Bunny Jumps	20 Secs		Number of lengths	
17.	Waddle Race	20 Secs	Ball/ Socks	Number of lengths	
18.	Balance Race	20 Secs	Egg + Spoon (or alternative)	Number of lengths	
19.	Sock Toss	20 Secs	Sock + Bag/ Bucket	Number of socks in bag	
20.	Target Toss	20 Secs	Sock + 2 Targets	Number of targets hit	
TOTAL					

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