

My Virtual Sports Day

June 2020

Score Sheet

Activity	Number of repetitions	Score
Jump in a square		
Jumping on a kerb		
Keepie uppies		
Throw to target		
Sidestep run		

Scoring Index

Less than 10	5pts
10-20	6pts
21-30	7pts
31-40	8pts
41-50	9pts
More than 50	10pts